

# Having an Emergency Food Plan

Because we all have terrible, horrible, no good days!

- On the worst of days, most of us still manage to brush our teeth because it's hard-wired into the brain. However, **eating** is one of the easiest things to drop.
- Having a written **Emergency Food Plan** to take the thought out of how and what to feed yourself will help you be at your best on these very challenging days.
- If you pre-plan for these days, there is a greater possibility that you'll **fuel your brain** when you need it most. It's important to build **flexibility** into the Plan.
- For example: have healthy quick meal options at home, identify places you can get ready-made food (restaurants, grocery stores, take-out), and include menus and numbers for meal delivery options.

## Here are some ideas:

- Mac n' Cheese with frozen peas and chicken or skip jack tuna
- Healthy frozen meals
- Ramen soup package with an egg or pre-cooked animal or plant-based protein
- Salad bar with a lot of variety at a restaurant or grocery store
- List the names of stores or restaurants on your frequently traveled paths
- Circle healthy choices on the menus of your favorite delivery options



- Use the table below as a template for creating your own Emergency Food Plan. Having three ideas for each meal will help you stay on track.
- Remember – eating sets you up to have the energy and mental clarity you need to deal with the challenges of the day and will keep the physical symptoms of anxiety and worry in check.



# My Emergency Food Plan

Breakfast	Lunch	Dinner
1.	1.	1.
2.	2.	2.
3.	3.	3.

## Goals and Tips:

- Be sure to include protein, carbs, fiber, and fat in each meal
- Brainstorm easy and quick meals that you don't have to think too much about
- There are no rules against eating dinner for breakfast and breakfast for dinner!



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No Derivative Works. Please consult with your doctor before changing your diet.  
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