

EMERGENCY FOOD PLAN

There are busy days, and there are terrible-horrible-no-good days. On the worst of days, most of us still manage to brush our teeth because it's hardwired into the brain. However, eating in a way that supports our energy and mental clarity 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 preplan 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, takeout), and include menus and numbers for meal 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. Be sure to check that each meal has protein, carbs, fiber, and fat. There are no rules against eating dinner for breakfast and breakfast for dinner! The goal is to have some ideas that you don't have to think too much about. Remember: eating sets you up for having the energy and mental clarity you need to deal with the business of the day and will keep your anxiety and worry physiologically in check.

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

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