



# Mission DIY: fall meals-for-a-week

## How does this plan work?

Mission DIY is a learn-by-doing guide for those looking to feel better and enjoy food.

It's easy to find tasty recipes online, but what many struggle with is how to put them together! To help you learn what works for you (without wasting time or money) this plan comes with free tracking tools and motivational messages from Melissa to help you keep at it.

Use this plan to model healthy eating while you:

- build routines for weekly grocery shopping and meal prep
- improve your diet using meal ideas, calorie targets, and tracking tools
- learn what works for your lifestyle, taste preferences, and health goals



**Melissa Gallagher Landry**, Founder of Mission Nutrition  
Registered Dietitian, Certified Health and Wellness Coach



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## What you'll find:

Amazing, inspiring fall recipes and prep steps that will help you maintain healthy weight:

- 4 Breakfast Ideas
- 1 Lunch Ideas, plus clever use of your dinner as leftovers
- 5 Dinner Ideas
- 4 Free Meals, with tips to stay flexible using calorie targets

## Why this plan is awesome:

- It includes a \*very specific\* waste-preventing grocery list matched to the plan.
- Meals are sequenced so you can make the most of extra ingredients and leftovers.
- Steps have you prep on the weekend so you can cook dinner in 35 minutes or less
- You can pair the plan with more tools in your Mission Nutrition/Healthie account:
  - 20 snack ideas and FAQs about how to use Mission DIY Meal Plans
  - How to start tracking your diet with Mission Nutrition tipsheet

## Got it? Great! Let's get started.

**Let's customize this plan, just for you.** Since you work for EF you already get 10% off custom meal plans.

**Here's why now is the time to use this perk:** I'm trying to turn EF's Wellness Week into Wellness Forever with a limited upgrade to 15% off through the end of November 2018. Quit wishing on a star. You can make healthy eating happen. Let's chat and I'll show you how: [melissa@missionnutritionboston.com](mailto:melissa@missionnutritionboston.com)



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## The Plan

### Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Apple Crisp Overnight Oats	Apple Crisp Overnight Oats	Apple Crisp Overnight Oats	Apple Crisp Overnight Oats	Muffin Tin Eggs	Sweet Potato Pie Smoothie	Pumpkin Spice French Toast

### Lunch

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Baked Sweet Potato	Meatless Bolognese Leftover	Fall Quiche + Salad Leftover	Chicken Cacciatore Leftover	Curried Chickpea Stew Leftover	Free Meal	Free Meal

### Dinner

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Meatless Bolognese	Fall Quiche + Salad	Chicken Cacciatore	Curried Chickpea Stew	Baked Potato Soup	Free Meal	Free Meal

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## Before you start...

1. **Pick out snacks:** Make sure to add snack foods to your grocery list. See the **20 snack ideas list** and **FAQs about Mission DIY** in your Healthie account for ideas.
2. **Read the prep steps on page 3 onward:** Before you begin, get to know the plan and make any adjustments to the grocery list if you want to double recipes or swap ingredients. Make sure you have enough covered containers to pack lunch and save ingredients.
3. **Go food shopping:** use the grocery list on the next page. This plan will leave you with meal leftovers, but not much else by way of single ingredients. Remember to add your choice of snack foods.
4. **Set aside prep time:** This plan is written so you can spend minimal time on the weekends (<40 minutes) and weekdays (<30 minutes). You may find you take less time if you are skilled with cutting and chopping. Breakfasts and lunches are written to serve one. Dinners will have enough for 1 serving of dinner and 1 serving of lunch the next day. In most cases, there will be extra dinner for a housemate, weekend free meal, or your freezer to store for later.
5. **Get into learning mode.** Plans are just a start for you to figure out a healthy routine. This plan doesn't know who you are. But, remember, you do. Use the plan as a guide. Once you've given it a try, the reflection questions on the last page of this plan will help you adjust the following week. **If you find yourself stuck, your DIY package can be upgraded at any time!** For more counseling and accountability to reach a weight loss or other health goal, contact [melissa@missionnutritionboston.com](mailto:melissa@missionnutritionboston.com).

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## The Grocery List

**This list is all about no-waste.** I've listed exact ingredient amounts required to follow the plan.

Except for produce and chicken, most foods keep 1+ weeks in the fridge or 3+ months in the freezer.

### Fresh: Produce, Dairy, Poultry

#### Produce

- ☐ 4 apples
- ☐ 2 small bananas
- ☐ Lemon juice
- ☐ 3 bell peppers (1 red, 2 any color)
- ☐ 1 onion
- ☐ 1 pint mushrooms
- ☐ 1 garlic bulb
- ☐ 1 small yellow and 1 red potato
- ☐ 2 russet potatoes
- ☐ 1 spaghetti squash
- ☐ 2 sweet potatoes (1 medium, 1 small)
- ☐ 1, 11-ounce container baby greens
- ☐ ~16 ounces Mirepoix (pre-chopped), or,  
1 small onion, 3 carrots, 3 celery stalks
- ☐ Minced ginger or ginger paste
- ☐ 1 small bunch chives

#### Refrigerator: dairy and poultry

- ☐ 8 ounces shredded cheddar cheese
- ☐ ½ gallon regular or soy milk (unsweetened)
- ☐ ½ dozen eggs
- ☐ 2, 5-ounce Greek yogurts (individual, plain)
- ☐ Reduced fat/light sour cream
- ☐ Butter
- ☐ 1 lb. chicken breast (or thighs, if you prefer)
- ☐ Turkey bacon

### Products: Frozen and Aisles

#### Freezer

- ☐ 1, 10+ ounces bag of soy crumbles: beef\*
- ☐ 1, 10+ ounces bag of soy crumbles: pork or sausage\* (\*try Wegmans or Morningstar Farms)
- ☐ 1, 12-ounce bag frozen cauliflower
- ☐ 1, 12-ounce bag chopped butternut squash (small cubes)
- ☐ Frozen whole grain crust, like [wholly wholesome](#)

#### Assorted Aisles

- ☐ 1 container of rolled oats
- ☐ 1 small bag of flour
- ☐ 1 small box of brown sugar
- ☐ 1 small bag of ground flaxseed
- ☐ 1 jar of peanut butter
- ☐ 1 bottle of olive oil
- ☐ 1 can of cooking spray
- ☐ 1 favorite salad dressing (<6g Sugar/serving)
- ☐ 1 jar of favorite salsa
- ☐ 1 can black beans, low-sodium preferred
- ☐ 1 can garbanzo beans, low-sodium preferred
- ☐ 1, 5 ounce can tomato paste
- ☐ 1- 28 ounce can ground peeled tomatoes
- ☐ 1, 28-ounce can of crushed tomatoes
- ☐ 1, 14.5-ounce can pure pumpkin
- ☐ 1, 32-ounce container broth (chicken or veg)
- ☐ 1, 14.5-ounce can diced tomatoes
- ☐ 1 box of minute brown rice
- ☐ 1, 14.5-ounce can *reduced fat* coconut milk
- ☐ Whole wheat bread (>3g Fiber per serving)
- ☐ Whole wheat pasta
- ☐ Dried Spices: cinnamon, pepper, oregano, basil, rosemary, thyme, ginger, curry powder, cayenne pepper, pumpkin spice
- ☐ Vanilla extract      ☐ Maple Syrup

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
x	x	x	x	x	Read plan	Shop + prep

## Sunday Ingredients

- 1 medium-size sweet potato
- 1 can black beans, drained and rinsed
- Jar of salsa
- Shredded cheddar cheese
- Baby greens
- Favorite salad dressing
- 3 apples
- Flour
- Brownsugar
- Ground flaxseed
- Lemon juice
- Ground cinnamon
- Butter
- Rolled oats
- Milk (cow's or unsweetened soy)
- 3 bell peppers (1 red, 2 any color)

- 1 onion
- 1 pint mushrooms
- 1 garlic bulb
- 1 yellow and 1 red potato
- Any snacking vegetables you want to pre-prep for easy eating this week

## Sunday Tools

- 1 foil-lined baking sheet
- Cutting board and chef's knife
- Measuring cups
- 1 small lunch container for potato
- 1 medium microwave bowl with cover
- 3 medium containers for pre-chopped vegetables

## Sunday Prep Steps

### Make Baked Sweet Potato for tomorrow's lunch, 35 minutes

- ☐ Preheat oven to 450° F. Wash 1 sweet potato and pierce holes in it using a fork. Bake the potato for 30 minutes on a foil-lined baking sheet. You may also microwave the potato until soft for faster results, but if you have the time baking will give a better texture when you reheat it tomorrow.
- ☐ Allow the potato to cool before cutting it down the middle.
- ☐ Fill the potato with ½ cup black beans, ¼ cup salsa, and ¼ cup shredded cheddar cheese. Pack the filled potato in a container for tomorrow. Pack a simple side salad of 1 cup baby greens and 1 Tablespoon of favorite salad dressing. **See next page for more prep instructions →**

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## Sunday Prep Steps, continued

### Mix Apple Crisp Overnight Oats, 5 minutes while the potato cooks

- ❑ Chop 3 apples into small cubes. Place apples in a microwave safe bowl. Toss them with 2 Tablespoons flour, 2 Tablespoons brown sugar, 2 Tablespoons ground flaxseed, 2 teaspoons lemon juice, and 1 teaspoon cinnamon. Cut 1 Tablespoon cold butter into small squares. Add it to the mixture. Cover and microwave ~ 4 minutes or until soft. Allow to cool.
- ❑ Mix 1 ½ cup dry rolled oats, 2 cups milk, and the apple mixture. Cover the bowl. Keep in the fridge overnight.

### Prep vegetables for dinners this week, 15 minutes, while the potato cooks

*Container #1: Chicken Cacciatore Vegetables :* 1 red bell pepper, cut into strips, ½ onion, cut into strips, 1 cup of mushrooms, rinsed and chopped, 2 cloves of garlic, chopped.

*Container #2: Curried Chickpea Stew Vegetables:* ½ onion, cut into strips, 2 bell peppers, cut into 1" squares

*Container #3: Curried Chickpea Stew Potatoes:* 1 yellow and 1 red potato, cut into small cubes

**Prep additional vegetables for snacks, or, take any other step you think will make life easier this week, 15 minutes while the sweet potato cooks.** *Hint:* Have time now and none after work this week? Consider reading ahead to make 1-2 dinner recipes right now!

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Monday

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## Monday Ingredients

- Premade **Overnight Oats**
- Premade **Baked Sweet Potato**
- 1 spaghetti squash
- Olive oil
- ~16 ounces Mirepoix (pre-chopped), or, 1 small onion, 3 carrots, 3 celery stalks
- 1 clove garlic
- 1, 5 ounce can tomato paste
- 1- 28 ounce can ground tomatoes

- ½ of a 10-13 ounce bag of pork flavored soy crumbles
- ½ of a 10-13 ounce bag of beef flavored soy crumbles
- Oregano

## Monday Tools

- Cutting board
- Chef's knife
- Foil lined baking sheet
- Medium pot

## Monday Prep Steps

### Breakfast | Overnight Oats, 0 minutes

- ❑ Serve yourself 1 ½ cups of the overnight oats mixture. Done.

### Lunch | Baked Sweet Potato, 0 minutes

- ❑ Take your packed lunch. When it is time to eat, microwave the potato a few minutes to warm. Enjoy!

### Dinner | Meatless Bolognese, 35 minutes

- ❑ Preheat the oven to 350° F.
- ❑ Cut a spaghetti squash in half the long way. Scoop out the seeds. Drizzle both sides with 1 Tablespoon olive oil. Place squash face down on a baking sheet and bake for 30 minutes.
- ❑ If you were unable to find premade mirepoix, finely chop 1 onion, 3 carrots, and 3 celery stalks.
- ❑ Chop 1 clove of garlic.
- ❑ Warm 1 Tablespoon of oil in a medium pot. Add garlic and mirepoix. Soften vegetables, ~15 minutes.
- ❑ Add 1 can of tomato paste, stirring occasionally ~2 minutes.
- ❑ Fill the empty tomato paste can with water, getting out all the good stuff. Add it in the pot.
- ❑ Add 1 can of ground peeled tomatoes, (~10-12 ounces) meatless crumbles, 1 cup water and 1 Tablespoon of oregano. Stir occasionally, ~20 minutes
- ❑ Remove squash from the oven. Carefully flip and use a fork to break into spaghetti-like strands.
- ❑ Eat 1 cup spaghetti squash + 1 cup bolognese now. Add 1 cup baby greens and 1 Tablespoon dressing. Pack the same for tomorrow's lunch. Eat or freeze leftovers within 4 days.

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Monday

**Tuesday**

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## Tuesday Ingredients

- Premade **Apple Crisp Overnight Oats**
- Leftover **Meatless Bolognese**
- 5 eggs
- 1 cup milk
- 1 cup shredded cheddar cheese
- Frozen butternut squash
- Baby greens
- Frozen whole grain pie crust

- Rosemary
- Thyme
- Favorite salad dressing

## Tuesday Tools

- Medium bowl
- Measuring cup
- Measuring spoons
- Muffin Tin

## Tuesday Prep Steps

### Breakfast | Apple Crisp Overnight Oats, 0 minutes

- ❑ Serve yourself 1 ½ cups of the overnight oats mixture. Done, again.

### Lunch | Leftover Meatless Bolognese, 0 minutes

- ❑ Take your packed Meatless Bolognese. Enjoy the glory of your masterful planning!

### Dinner | Fall Quiche + Salad, 35 minutes

- ❑ Preheat oven to 350° F.
- ❑ Whisk 5 eggs in a medium bowl. Add 1 cup milk, 1 cup cheddar cheese, 1 cup of frozen butternut squash, ¼ cup baby greens, 1 teaspoon rosemary and 1 teaspoon thyme. Stir.
- ❑ Pour the egg mixture into 1 whole wheat frozen pie crust. Pour the remainder of mixture into a cooking spray coated-muffin tin.
- ❑ Place pie and muffin tin in the oven. Remove the muffin tin after ~20 minutes. Let cool and refrigerate for breakfast later in the week. Remove the pie after ~30 minutes (when you can place a fork in the center and it comes out clean.)
- ❑ Serve up to ¼ quiche with 1 cup baby greens and 1 Tablespoon of favorite salad dressing.
- ❑ Pack ¼ quiche, 1 cup baby greens and 1 Tablespoon of favorite salad dressing for tomorrow's lunch. Remainder of quiche may be shared with a housemate, eaten for a weekend Free Meal, or, ½ quiche would make a nice snack. Discard quiche after 5 days.

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## Wednesday Ingredients

- Premade **Apple Crisp Overnight Oats**
- Leftover **Fall Quiche + Salad**
- 1 lb. chicken breast (or thighs with skin removed)
- Salt and ground pepper
- Olive oil
- Pre-chopped container of **Chicken Cacciatore Vegetables**
- 1, 28-ounce can of crushed tomatoes

- ¼ cup of chicken or vegetable broth
- Dried oregano and basil
- Whole wheat pasta

## Wednesday Tools

- Large frying pan or pot with cover
- 1 medium leftover container
- Measuring cups and spoons
- Small pot to boil pasta

## Wednesday Prep Steps

### Breakfast | Apple Crisp Overnight Oats, 0 minutes

- ❑ Serve yourself 1 ½ cups of the overnight oats mixture. Being ready does NOT get old, does it?

### Lunch | Leftover Fall Quiche + Salad, 0 minutes

- ❑ Take your already made Quiche + Salad. You've done it again - awesome prepwork!

### Dinner | Chicken Cacciatore, 35 minutes

- ❑ Season chicken with salt and pepper.
- ❑ Heat a large pan over medium-high heat. Add 1 Tablespoon of olive oil.
- ❑ Add chicken pieces to the pan and saute just until brown, ~3-4 minutes per side.
- ❑ Add the pre-chopped container of Chicken Cacciatore Vegetables (peppers, onions, mushrooms, and garlic) to the pan. Saute about 5-10 minutes, or until soft.
- ❑ Add the can of crushed tomatoes, broth, and ~ 2 teaspoons each of oregano and basil (or to taste). Cover the pan and simmer on low heat for ~ 20 minutes.
- ❑ While the chicken cooks, boil 1 cup of dry pasta and cook according to package instructions
- ❑ Serve ¼ of the Chicken Cacciatore mix now (~1.5 cup) with ½ cup cooked pasta. Pack the same amounts in a to-go container for lunch tomorrow. If you are eating with others, boil up more pasta. You should have 2+ servings of Chicken Cacciatore remaining. You may use leftovers for a Free Meal on the weekend, or, If not consumed within 4 days, freeze for next week.

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## Thursday Ingredients

- Premade **Apple Crisp Overnight Oats**
- Leftover **Chicken Cacciatore**
- Pre-chopped container of **Curried Chickpea Stew Vegetables** and **Curried Chickpea Stew Potatoes**
- Cooking spray
- 1 can of garbanzo beans
- Curry powder
- Minced ginger or ginger paste
- Cayenne pepper
- Chicken or vegetable broth
- Frozen butternut squash

- Frozen cauliflower
- 1, 14.5-ounce can diced tomatoes
- Minute brown rice
- 1 can reduced fat coconut milk
- 1 cup baby greens

## Thursday Tools:

- Medium pot for stew
- Measuring cups
- 1 small pot for rice
- 1 medium leftover container

## Thursday Prep Steps

### Breakfast | Apple Crisp Overnight Oats, 0 minutes

- ❑ Serve yourself 1 ½ cups of the overnight oats mixture. Tomorrow you move to a new breakfast!

### Lunch | Leftover Chicken Cacciatore, 0 minutes

- ❑ Take your already made Chicken Cacciatore. Lunch is a breeze when you prep in advance.

### Dinner | Curried Chickpea Stew, 35 minutes

- ❑ Take container of pre-chopped yellow and red potatoes and microwave for ~3 minutes to soften.
- ❑ Add cooking spray to a medium size pot. Add already chopped onion and bell peppers. Add softened potatoes. Cook on medium heat until vegetables soften, about 5 minutes.
- ❑ Meanwhile, drain and rinse 1 can of garbanzo beans. Set aside.
- ❑ Add 1 Tablespoon curry powder, 1 tablespoon minced ginger, ½ teaspoon cayenne pepper (more if you like it spicy) and stir spices into the vegetables.
- ❑ Add 2 cups broth, garbanzo beans, bag of frozen cauliflower, 1 cup frozen butternut squash, and 1 can of diced tomatoes.
- ❑ Simmer on low-medium heat, covered, for about 25 minutes.
- ❑ While the curry cooks, cook 1 cup (dry) brown rice according to package instructions.
- ❑ At time of service, mix in 1 can reduced fat coconut milk and 1 cup baby greens. Serve yourself 1½ cups curry with ½ cup rice. Pack the same thing for tomorrow. Freeze the rest if you don't intend on eating leftovers within 5 days.

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## Friday Ingredients

- Pre made **Muffin Tin Eggs**
- 1 slice whole wheat bread
- 1 Tablespoon peanut butter
- 1 small banana
- Premade **Curried Chickpea Stew**
- 2 small russet potatoes
- Flour
- Chicken or vegetable broth
- Turkey bacon
- Shredded cheddar cheese
- Light sour cream

- Chives
- Ground pepper

## Friday Tools

- Microwave
- Measuring spoon
- Toaster
- Slicing/spreading knife
- Vegetable peeler
- Chef's knife and cutting board
- Measuring cups
- Medium pot

## Friday Prep Steps

### Breakfast | Muffin Tin Eggs, 5 minutes

- ☐ Reheat 2 Muffin Tin Eggs
- ☐ Pair with 1 slice whole wheat toast with 1 Tablespoon peanut butter and sliced banana.

### Lunch | Curried Chickpea Stew, 0 minutes

- ☐ Take **Curried Chickpea Stew** leftovers and go. TGIF!

### Dinner | Baked Potato Soup, 30 minutes

- ☐ Peel 2 small potatoes and chop into small cubes. Microwave ~ 3 minutes to help soften.
- ☐ Place potatoes in a medium pot and cover with water. Bring to a boil for 10 minutes. Drain and mash with a fork.
- ☐ Whisk 2 Tablespoons flour, 1 cup milk and ½ cup chicken broth. Stir milk mixture into potatoes and cook over medium ~4 minutes, stirring occasionally.
- ☐ Meanwhile, cook 2 slices of turkey bacon, ~2 minutes on either side. Chop the bacon up into bits. Freeze remaining bacon.
- ☐ Rinse and chop chives.
- ☐ Serve 1 ½ cup of soup with ¼ cup cheddar cheese, 2 Tablespoons light sour cream, 2 tablespoons bacon, 1 Tablespoon of chopped chives, salt and pepper to taste.
- ☐ Save remainder to share with a housemate or eat as leftovers within 5 days.

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## Saturday Ingredients

- 1 small sweet potato
- 1 small banana
- ½ cup water
- 1 individual container of greek yogurt
- ½ cup ice

- Vanilla extract
- Ground ginger
- Cinnamon

## Saturday Tools

- Small microwave safe bowl
- Blender

## Saturday Prep Steps

### Breakfast | Sweet Potato Pie Smoothie, ~5 minutes

- ☐ Peel a small sweet potato. Pierce holes in it with a fork. Microwave until soft, ~5 minutes.
- ☐ Blend ½ cup water, 1 individual container of greek yogurt, ½ cup ice, 1 small banana, 1 teaspoon vanilla extract, 1 teaspoon cinnamon, and ½ teaspoon ginger. Prepare to be amazed at how good it is to drink your sweet potato!

### Lunch | Free Meal

Free Meals allow you to target 500 calories for a meal of your choice. To determine if you are in range:

- ☐ Use a tracking tool like Fitbit to estimate calories
- ☐ Read the calories for meals on a restaurant website or menu
- ☐ Read the calories per serving on a favorite recipe or food packaging label(s)
- ☐ Use any leftover dinner from this week

### Dinner | Free Meal

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If needed, you can rearrange your plan so that your Free Meal comes earlier in the week.

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## Sunday Ingredients

- Eggs
- Milk
- 1 can pure pumpkin
- Brown sugar
- Vanilla extract
- Pumpkin spice
- Ground cinnamon
- 2 slices of whole wheat bread

- Cooking spray
- 1 individual container of greek yogurt
- Maple syrup
- 1 apple

## Sunday Tools

- Small mixing bowl
- Small frying pan
- Cutting board and chef's knife

## Sunday Prep Steps

### Breakfast | Pumpkin Spice French Toast, 15 minutes

- ☐ Whisk together: 2 eggs, ¼ cup milk, ¼ cup pure pumpkin, 2 teaspoons brown sugar, 1 teaspoon vanilla extract, 2 teaspoons pumpkin pie spice, and ½ teaspoon cinnamon
- ☐ Dip 2 slices of whole wheat bread into the mixture, coating each slice well. Freeze remaining bread in the loaf so that it lasts longer.
- ☐ Add cooking spray to a small frying pan. Warm over medium heat. Cook each slice of bread for ~2 minutes on each side. Top each toast with plain greek yogurt and 1 teaspoon maple syrup. Serve with 1 apple, sliced and seasoned with more pumpkin spice. Yes, *more*. C'mon, it's fall - enjoy it!

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If needed, you can rearrange your plan so that your Free Meal comes earlier in the week.

## You made it!

**That means you've learned something new.** Here are a few questions to help summarize what you learned and adjust the plan so it works even better for you next week!

1. **Favorite recipe** (*your must repeat*): \_\_\_\_\_
2. **Least favorite recipe** (*your must tweak*): \_\_\_\_\_
3. **I'm most pleased with** (*your gold star moment*): \_\_\_\_\_
4. **On this plan, I felt:**
  - ☐ Hungry! I need to adjust meal times, portions, or add more snacks.
  - ☐ Just Fine. It was enough food to keep me satisfied and energized!
  - ☐ Too full. I'll adjust portions.
5. **I met my health goals this week:**
  - ☐ **Yes!** Go me. I'm going to tell a friend about this ASAP so more people can experience it!
  - ☐ **Nope.** I feel like I'm just getting started...

## Feel like this plan was just the start? *I want to work with you!*

I hope this plan helped you see you are totally capable of reaching your health goals with the right support and practice. If you're just getting started, and I have a feeling you are, **working with a dietitian specialized in weight loss and lifestyle behavior change is the next step.** You can make healthy eating feel as automated as brushing your teeth in the morning. No more quitting, feeling frustrated, or lost. Here's how we can work together:

- **Q&A Session and Custom Meal Plans:** Just need a point in the right direction? Get a one-time full nutrition assessment and/or custom plan featuring your favorite foods.

**Let's customize this plan, just for you.** Since you work for EF you already get 10% off custom meal plans. **Here's why now is the time to use this perk:** I'm trying to turn EF's Wellness Week into Wellness Forever with a limited upgrade to 15% off through the end of November 2018. Quit wishing on a star. You can make healthy eating happen. Let's chat and I'll show you how: [melissa@missionnutritionboston.com](mailto:melissa@missionnutritionboston.com)



## Mission DIY: fall meals-for-a-week

- **Coaching Packages:** Get (and stay) motivated through regular coaching sessions. This service is best for those hoping to stay accountable to long-term weight loss. Get feedback and coaching support as you go with online sessions, tracking, and mobile chat.

**Let's customize this plan, just for you.** Since you work for EF you already get 10% off custom meal plans. **Here's why now is the time to use this perk:** I'm trying to turn EF's Wellness Week into Wellness Forever with a limited upgrade to 15% off through the end of November 2018. Quit wishing on a star. You can make healthy eating happen. Let's chat and I'll show you how: [melissa@missionnutritionboston.com](mailto:melissa@missionnutritionboston.com)