



Power Move #8 Build Your PDP (Proactive Dining Plan)



Free Virtual Coaching
30-minutes w/ Mr. Norman

Core concept: Failure to plan is planning to fail.

Goal: Slash meal costs, eliminate food waste, eat healthier, win back time weekly.

A+ Outcome: Save thousands annually, limit waste, boost nutrition, and create time in the schedule.

Proactive Dining Plan: A Guide to Dining Victory

- Create a dining plan for the week. Or make an [AI](#) (Gemini, Claude, ChatGBT, etc.) meal plan for you!
- Prepare your meals in advance.
- [Batch cooking](#) for the win: 1) A beginners [guide](#), 2) An advanced [plan](#).

Set & Get: *Create a list, stick to it. Period.*

- Search the pantry/fridge before you shop.
- Stick. To. The. List.

Empty Stomach, Empty Wallet: *Don't shop hungry, shop smart!*

- Americans are likely to spend up to [64%](#) more as hunger activates an "[acquisitive mindset](#)" that extends beyond groceries!
- Feed yourself, not the desire.

Prep Party: *Turn up the tunes, turn out the meals.*

- Make prep a celebration, not a chore.
- Music. Podcast. News (if you dare).
- Phone a friend. Talk to a family member. Invite a fellow PDP-er over to double the fun!

Eat, [Freeze](#) or Refrigerate (2:2:2 Rule): *Two hours, two days, or two months.*

- Love the Leftovers: Cook once, eat twice.
- Fridge within 2 hrs, eat within 2 days, or freeze for 2 months.
- Food waste costs the average American family of four almost [\\$3,000](#) a year!
- Save time. No need to prepare or travel for lunch the following day.*
- Healthier choices: Reduces high-calorie takeout/delivery and dine out options.
- Enhanced nutrition: Reheated pasta may even be [healthier](#).
- Reduced Waste: Eating leftovers mitigates the obscene [40%](#) of food that is wasted.
- Portion Control: Can only jam so much in portable tupperware, or a ziplock bag!

Hidden Surprises: Use what you have! **Use your phone and scan** the pantry/fridge/freezer and **ask AI to do its thing**: "Please provide 10 separate meals (5 hot, and 5 cold) that could be made with these items. Please note: all meal suggestions should take less than 20 minutes to prepare." Voila!

The Emergency Button: Plan B** Keep an emergency pizza, lasagna, stir-fry in the freezer for nights when cooking isn't an option or there are no leftovers.**

Resist Temptation: DoorDash/Eating out is an expensive bailout. Execute your plan. If life throws you a curveball, engage Plan B.

TAKE 10: HACK #8 - OPTIMIZE YOUR FINANCES & TIME WITH THE PDP
 PROACTIVE DINING Plan (PDP) is an efficient financial & lifestyle power move for educators

PDP POWER MOVE
 FAIL TO PLAN, PLAN TO FAIL (7) | REDUCE WASTE, BUILD WEALTH (8)

7-STEP MICRO-SCRIPT GUIDE

- 12 PDP-ER BATCH COOK: PREP HERE TO COOK LATER
- 14 SEARCH & STICK: SEARCH UP INTO YOUR DASH
- 18 DON'T FEED HUNGER: RISK EASILY SHARED
- 20 PREP PARTY: SOV EASILY SHARED
- 20 CLEA MISHELS: PREP PREES TRETSTING, LUNCH EBP PARTY
- 22 WSTER: PROFESSORIAL RRAILS AVERHOLING
- 22 2:2:2 RULE: PREPARED: YOU PREP EASILY SHARED
- 22 COOK ONCE, EAT TWICE: PREASIZED: COOK ONL ONCE, EAT TIMEAL
- 30 USE HIDDEN SURPRISES: USE HIDDEN NEW SURPRISES

DATA THAT MATTERS
 \$10 SAVINGS PER MEAL (38)
 MONTHLY SAVINGS: \$100-\$300 (35, 39)

ANNUAL PDP IMPACT
 LONG-TERM: THOUSANDS OF DOLLARS (31, 36)
 FOOD WASTE COST: \$3,000/YR (33)

EMERGENCY PLAN B (32, 34)

- 10-MINUTE MEALS LIST (40)
- FROZEN PASTA DINNER (45)
- BREAKFAST FOR DINNER (42)
- MONTHLY TREAT YOURSELF! (35)

EDUCATIONAL PURPOSES ONLY. (EDUCATIONAL PURCHASES), 31, 37

1. **Treat Yourself:** Once a month, celebrate your efforts by dining out/ordering in! After all, a **PDP** can save a family thousands of dollars a year.

Food for Thought:

***Brown Bag vs. Money Bags:** Replace a restaurant lunch (\$10-\$15) with home-cooked leftovers (\$1.50-\$3) to save around \$10 per meal. Cold cuts/PB&J sandwiches and sides can have an even higher savings rate. Doing this consistently can save \$100-\$300 a month!

****Plan B- Emergency Meals:** Create a list of your top 5 emergency meals that can be stored in the pantry, fridge or freezer that take 10 minutes or less to prepare. For example:

- A. Breakfast for dinner! Eggs, Pancakes, Waffles, French Toast, Cereal.
- B. Lunch for dinner! Tuna/Patty Melts, Panini's, Soup n Sandwiches.
- C. Pizza: Frozen pizza- no effort, and good quality is relatively inexpensive.
- D. Pasta: A box of angel hair, frozen meatballs, garlic bread, spaghetti sauce, bagged salad and 9 minutes of "cooking" can provide a solid meal.
- E. Frozen Dinners (e.g. lasagna, chicken alfredo, chicken enchiladas, stir fry). Buy large family size; leftovers in tupperware for lunch(es) during the week.

Winning at the Grocery Store: See the following Power Moves in the *Take10 for Financial Fitness* center.

- **Power Move #4** Aisle of Shame to Pantry of Triumph
- **Power Move #6** Save Money. Live Better.
- **Power Move #7** Crack the Code @ Costco