

# FOOD & MOOD

## COACHING

### WEEK 11 NUTRITION TASK LIST

#### FOUNDATION TASKS

Choose essential fats

Choose low GL carbs

Choose powerful proteins

Rainbow foods with at least 3 meals per day

Greens with at least 2 meals per day

Optimal water intake, simple food swaps

#### NEW FOOD FOCUS

Take note of where these female-focused foods are showing up in your daily diet.

#### FEMALE FOCUSED FOODS

Nutrient	Food sources
Iron	Red meat, poultry, fish, kale, spinach, beans, lentils, nuts and fortified food items like fortified cereals
Calcium	Milk, yoghurt, cheese, sardines, tofu or tempeh, dark green leafy vegetables, soy beans and fortified plant-based milks
Vitamin D	Oily fishes like salmon and mackerel, red meat, egg yolks, fortified foods and supplements – SUNSHINE
Magnesium	Dark green leafy vegetables like silverbeet and spinach, quinoa, almonds, avocado, salmon, black bean, pepitas and dark chocolate.
Zinc	Meats, poultry, fish, shellfish, eggs, dairy, legumes, dark green leafy veggies, mushrooms and wholegrains
B- vitamins	Meats, poultry, eggs, fish, dairy products, dark green leafy vegetables, legumes, whole grains, fruits and seeds



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### NEXT LEVEL NUTRITION TASKS (HIGHLY RECOMMENDED)

- + Eliminate alcohol
- + Eliminate refined sugar
- + Eliminate hydrogenated (trans) fats
- + Eliminate highly processed foods (discretionary foods)

**PLAN YOUR OWN MEALS USING YOUR OWN RECIPE AND ANY FROM THE NUTRITION TASK LIST, FOOD GROUPS AND SIMPLE SWAPS RESOURCES.**

	Breakfast	Snack	Lunch	Snack	Evening meal	Other
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

**Concerned about your gut health?** It is important to first check with your GP about any symptoms you have: regular or concerning bloating, inflammation, constipation/diarrhoea.

