

WEEK 4 NUTRITION TASK LIST

NUTRITION TASKS

- ☐ 30mL of water per 1kg of body weight each day + 1L for every hour of exercise (water intake includes herbal (non-caffeinated teas)
- ☐ 1-2 portions of green vegetables with at least two meals per day
- ☐ 2+ rainbow foods (including greens) with at least 3 meals per day
- ☐ 1 portion of 'powerful proteins' with at least 2 meals per day
- ☐ Continue making simple swaps (see PDF)
- ☐ Follow week 4 recipe plan, or create your own using the Food Groups Table (see PDF) for Food & Mood friendly ingredients.

NEXT LEVEL NUTRITION TASKS

(HIGHLY RECOMMENDED)

- ☐ Eliminate alcohol
- ☐ Eliminate refined sugar
- ☐ Eliminate hydrogenated (trans) fats
- ☐ Keep coffee and black leaf teas to 1 x per day

PLAN YOUR OWN MEALS USING YOUR OWN RECIPES 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/diarrhea. You may also find it helpful to remove gluten containing foods from your daily diet. Refer to the 'Food Groups Table' and the 'Gut Health' downloads for more information.

