

WEEK 1 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))
- ☐ Start making simple swaps (see PDF)
- ☐ Follow week 1 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
- ☐ 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.

