

# FOOD & MOOD

## COACHING

### WEEK 9 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.

#### LIVER LOVING FOODS

<b>Vegetables</b>	Broccoli, beets, carrots, cauliflower, cabbage, dark leafy vegetables like kale, lettuce, watercress, rocket, spinach, bok choy and silverbeet, garlic, onions, artichokes, Brussels sprouts, sweet potatoes
<b>Legumes and beans</b>	Lentils, green beans, red beans
<b>Fruits</b>	Apples, avocados, bananas, berries, grapes, grapefruit, pears, figs, lemons, watermelons
<b>Nuts</b>	Almonds, pine nuts, hazelnuts, walnuts
<b>Dairy</b>	Greek yoghurt, eggs
<b>Wholegrains</b>	Oatmeal, brown rice
<b>Meats</b>	Fatty fish like salmon and mackerel and chicken, turkey and beef
<b>Others</b>	Coffee, green tea, olive oil, cinnamon, oregano, turmeric



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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.

