

FOOD & MOOD

COACHING

WEEK 8 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 FOCUS FOODS

Gut loving foods for overall gut health and optimal digestion.

GUT LOVING FOODS	
Vegetables	Dark green leafy vegetables like spinach, kale, rocket and silverbeet, garlic, onions, leeks, asparagus, peas, Brussels sprouts, ginger, Jerusalem artichokes, sweet corn, dandelion greens, seaweed, chicory root, kimchi, sauerkraut, pickles, miso, tofu, tempeh
Legumes and beans	Chickpeas, lentils and red beans
Fruits	Avocados, bananas, berries and plantains
Nuts and seeds	Almonds, chia seeds and flaxseed
Wholegrains	Cooked rice, oats, barley
Dairy	Yoghurt, kefir and aged cheese
Fish	Oily fish like salmon and mackerel
Others	Olive oil, dark chocolate, apple cider vinegar, kombucha



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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.

