

# FOOD & MOOD

## COACHING

### WEEK 7 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

#### NEXT LEVEL NUTRITION TASKS (HIGHLY RECOMMENDED)

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



# FOOD & MOOD

## COACHING

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.

