

## WEEK 3 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
- ☐ Continue making simple swaps (see PDF)
- ☐ Follow week 3 recipe plan, or create your own using the Food Groups Table (see PDF) for Food & Mood friendly ingredients.
- ☐ 'Anything goes' meal

### 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.

