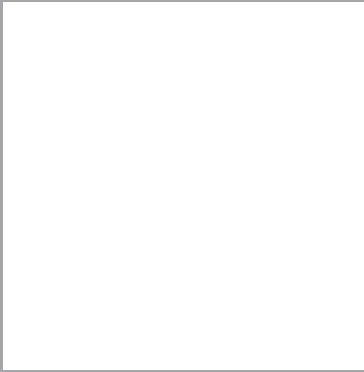




MONDAY

I am so grateful to be choosing food that supports my best health.



Ask yourself these questions:

What is my
motivation for
eating?

What was your
emotion before/
after/during eating?

Did I get enough
sleep today?

One Thing You Can Do Today:

Try making Mondays
Meatless to ensure
you're getting plenty
of vegetables and fruit.
Swap meat for quinoa
or legumes with nuts for
complete protein sources.

BREAKFAST:

LUNCH:

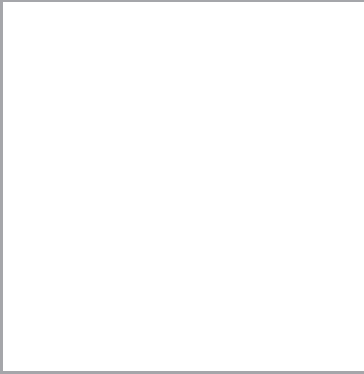
DINNER:

SNACKS:



TUESDAY

I am worth the time and money I invest in my health.



Ask yourself these questions:

What is my
motivation for
eating?

What was your
emotion before/
during after eating?

Did I get enough
sleep today?

One Thing You Can Do Today:

Incorporate essential oils
into your daily routine.
Lavender, bergamot,
and orange all have
calming and relaxing
properties to help when
you feel stress.

BREAKFAST:

LUNCH:

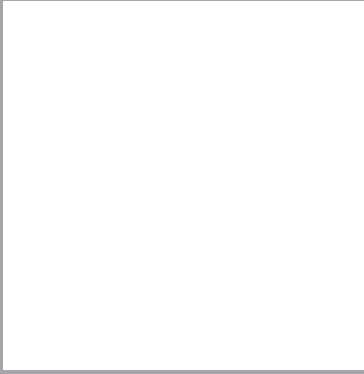
DINNER:

SNACKS:



WEDNESDAY

Every day I am becoming stronger and healthier.



Ask yourself these questions:

What is my
motivation for
eating?

What was your
emotion before/
during after eating?

Did I get enough
sleep today?

One Thing You Can Do Today:

Improve your self-care.
Whether it's focusing on
a 15 minute meditation,
going for a walk or
utilizing the mantras we
have provided, choose
one and try to do it every
day for 30 days in a row.

BREAKFAST:

LUNCH:

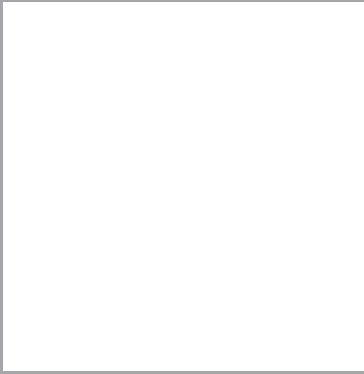
DINNER:

SNACKS:



THURSDAY

Every day is a new day filled with joy and health.



Ask yourself these questions:

What is my
motivation for
eating?

What was your
emotion before/
during after eating?

Did I get enough
sleep today?

One Thing You Can Do Today:

Use quality ghee,
grass fed butter, or
coconut oil in place of
margarine as a way
to get quality fats on
your plate.

BREAKFAST:

LUNCH:

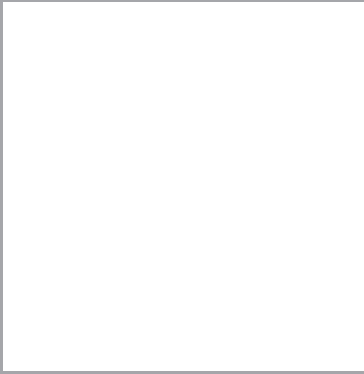
DINNER:

SNACKS:



FRIDAY

My mind is brilliant. My heart is at peace.



Ask yourself these questions:

What is my
motivation for
eating?

What was your
emotion before/
during after eating?

Did I get enough
sleep today?

One Thing You Can Do Today:

The best way to get
more vegetables into your
diet is by prepping ahead
of time! If they're already
cut, they are easy to
grab to munch on, add
to a salad or throw in a
smoothie

BREAKFAST:

LUNCH:

DINNER:

SNACKS:



SATURDAY

Today, I choose me.



Ask yourself these questions:

What is my
motivation for
eating?

What was your
emotion before/
during after eating?

Did I get enough
sleep today?

One Thing You Can Do Today:

Try to get 5 different
colours on your plate!
Different colours hold
different nutrient values
plus they look beautiful
and appetizing.

BREAKFAST:

LUNCH:

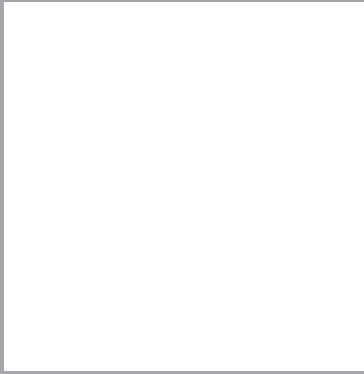
DINNER:

SNACKS:



SUNDAY

I am confident and strong!



Ask yourself these questions:

What is my
motivation for
eating?

What was your
emotion before/
during after eating?

Did I get enough
sleep today?

One Thing You Can Do Today:

Use up what's in your
fridge before you buy
more groceries.

Try making a pizza using
the last bits of your
vegetables, combine
your half-finished sauces
and condiments to make
a delicious pizza sauce.

BREAKFAST:

LUNCH:

DINNER:

SNACKS: