

- - - WHAT SHOULD YOU EAT? - - -

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What confuses you about knowing what to eat? What's your natural reaction to this confusion?

Ok, let's get out of that place and into a way of eating that you can trust.

Step 1: Foods that nourish

What do you want to eat? Brainstorm the foods or types of food you love to eat AND that make you feel full, nourished, and well. Think of as many as you can

What does 'nourished' mean to you? Draw or write some ideas here.

Step 2: What's the point?

What do you want your eating to do for you? Describe the results you'd like to get from your way of eating.

These results are mostly

Maintenance

Therapeutic

Experimental

Optimization

Why do you want to achieve those goals with your eating?

What will be different when you do? How will life change for you?

Empower your eating, have fun, experiment.
Discover what foods work for you.

Step 3: Research

Do some research into ways of eating that have helped other people achieve what you want. It can be as simple as typing 'eating for _____' into Google and filling in the blank with your goal.

Use this space to take some notes.

Way of eating #1: _____

Way of eating #2: _____

Way of eating #3: _____

Step 4: Making changes

Which approach would you like to try?

How will you change it?

Things to keep	Things to add	Things to remove

Things to keep in mind:

After two/three weeks, how are you feeling? What has changed? What worked? What didn't work?

Do you feel the need to add or remove certain foods? What? Why?

Try adding OR removing one food per week and see how you feel. Keep notes.