

MY NUTRITION WORKSHEET

1. How will I increase the omega 3 fatty acids in my diet? _____

2. How will I minimize processed foods in my diet? How will I replace them with whole grains?

3. How will I increase the variety of fruits and vegetables I eat? Can I incorporate more organic foods into my diet? _____

4. How will I incorporate helpful spices into my diet? _____

5. Are there any supplements that I want to add to my diet? What are they? _____

6. Do I want to investigate food allergies? What is my plan to do this? _____

7. Which anti-inflammatory foods will I eat more of? _____

Here Are Five Foods That I Will Limit Or Avoid:

1. _____

2. _____

3. _____

4. _____

5. _____

Here are Five Foods That I will Eat More Of:

1. _____

2. _____

3. _____

4. _____

5. _____

What is my core desire? _____
