

Daily Planner Instructions



WHAT I NEED FOR TOMORROW

1 Fermented Food

2 Fruits

3 Veggies

1 Gluten Free Food

Problem-solve and list what you need for tomorrow here. Use the fermented food and Gluten Free lists if you need to. Make sure you have enough on hand for the entire 5-day challenge. Shop if you need to. And keep it simple ...

1 fermented food = a forkful to a cupful or more

2 fruits = 2 X 1 medium fruit or 1/2 cup cut-up

3 veggies = 3 X 1/2 cup cooked or 1 cup raw

1 Gluten Free food = 1 bread, pasta, sweet or choice

WHAT I WANT TO LEARN (READING FOR TODAY)

I give you daily reading suggestions in the Super Group; pick and choose what you'd like to learn more about ...

WHAT I'M DOING FOR MINDFULNESS

Use the audio provided in the challenge or do at least 5 minutes a day from apps like Buddhify, Calm, Insight Timer or Headspace

PLAN TOMORROW'S MENU

Breakfast

Plan what you're going to eat for tomorrow; plan the above foods first and then fill in with other ideas

Lunch

or use suggestions from the menu or other suggestion handouts

You HAVE to plan or else it won't

Dinner

happen. Keep it VERY simple ... some meat or poultry and steamed veggies or a salad ... fruit for dessert

Rate on a Star of 1 to 5 how your day went

