

# SIMPLY REAL HEALTH

*a healthy life, made simple*

## FOOD ACADEMY WEEK 1 ASSIGNMENTS

1. Clear out your pantry, cabinets, fridge and freezer to get rid of processed food and processed health food. Use your ingredient test!



2. Read every SINGLE label you can get your hands on. Share 1 item you're surprised at the ingredient list in the forum.



3. Find a real food version of your favorite treat. Share it with the group in the forum!



4. Make a green smoothie 2 times this week, for one of your meals. Think about how you're infusing more GOOD into your body as you drink it. Feel your cells come alive! Add crunch factor by adding cocoa nibs, sunflower seeds, chia seeds or coconut flakes on top and eating it with a spoon.



5. Make 1 other new healthy recipe (besides a smoothie) this week- your choice!

