

SIMPLY REAL HEALTH

a healthy life, made simple

FOOD ACADEMY WEEK 2 ASSIGNMENTS

1. Track dairy & grains consumption- try to keep both to 1x/day or less and note how you feel afterwards (energy, mood, mucus production, hunger and digestion wise). Keep your antennas up!



2. Cultivate your own healthy cocktail/mocktail or fun seasonal drink order. (Use the [Healthy Cocktail Ritual Guide](#) for inspiration).



3. Roast 2 vegetables and top with grated parmesan, melted butter, ghee, olive oil or coconut oil, sea salt and pepper. (See [this week's video](#) for guidance).



4. Try one new healthy beverage this week. Use the [Healthy Coffee + Tea Ritual Guide](#) for inspiration. Or, some other ideas:



- ✓ homemade lemon ginger tonic
- ✓ kombucha ("GT Synergy" is the most widely found brand. Ginger or Mango are the most popular flavors.)
- ✓ sparkling water with grapefruit, orange, lemons, limes, cucumber, mint, basil or cilantro. Or try a combo!