

SIMPLY REAL HEALTH

a healthy life, made simple

FOOD ACADEMY WEEK 3 ASSIGNMENTS:

1. **PLAY** with your breakfast routine- try different timing, different foods, having tea/water first, etc according to your new real hunger signals (not out of habit).



2. **COOK** 1 new recipe every single week for the next 3 months!



3. **GOAL:** Eat veggies with every meal



4. **OVERALL MENTALITY:** Practice being calm with your hunger. Try to focus on good quality meals instead of little snacks throughout the day. Be honest with yourself!



5. **TAKE** a inventory of where you are at now on your journey. What is your focus for the next few weeks ahead? What is your next step (if any)?

Extra bonus: share your intentions in the group forum!

