

COMFORT-ER

Meal Types

There is no right or wrong! You are keeping track of how many Meal Types you eat per week. We are calculating 21 meals in a week, 3 meals or snacks per day.

Each week is the balance of the Meal Types below.

The Goal: Experiment with the different Meal Types each day to notice fewer digestive issues, bloating, and stress around your food choices.



PROTEIN MEALS

5



STARCH MEALS

7



COMBINED MEALS

8



VEGAN MEALS

1

REFLECTIONS
