Module 4:
40-Meal Ideas

These Meal Ideas are from the
Conscious Nutrition Recipe Book

Each week of Meal Ideas equals the number of Protein, Starch, Combined and Vegan Meals suggested for your Food Relationship Type.

This Meal Ideas are a template for you to practice the Feel Your Meal Process and rotate different foods, macronutrients to support your cravings, digestion and energy.

Watch the thoughts that come up during the week.

Do you overanalyze what you should eat versus trying to feel your senses?
Do you try to force yourself to eat protein because you think you have too?
Are you scared not to feel full?

Feeling safe, nourished and supported signals to the body to utilize stored fat for energy.

Practice your mantra, rotate Meal Types and Journal so you can reprogram some of your old, limiting beliefs.