

# NOURISH<sup>with</sup> Heather

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## JANUARY • 2020

*Course Overview:  
TUESDAY's @ 5 pm  
PST*

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### WEEK 1: FEEL

- REVIEW Materials.
- Five Deep Breaths before every meal
- Working with your Food Relationship Type
- Grocery List
- Meal Ideas

### WEEK 2: MEAL

- Foods to Reduce
- Minimal Combined Meals
- Recipe book review

### WEEK 3: JOURNAL

- Journal for 2 weeks: I review and send feedback

### Week 4: Supplements

- Review Supplements to implement
- We will review the Challenge and do it together

### Week 5: One-Week Challenge

### Week 6: HEAL

- Closing and Summary!
- Review what is next.