

FEEL.MEAL.HEAL

Yourself

STEP 1 FEEL

HOT or **COLD** and **SWEET** or **SAVORY** (spicy, salty, rich)
Take 5 deep breaths and place your hand on your heart to see if your body wants a hot or cold meal that contains sweet or savory.



STEP 2 MEAL

Try rotating between the Meal Types at different times of the day.
Choose a meal type from the [Conscious Nutrition Food Tree](#)



PROTEIN



STARCH



COMBINED



VEGAN

STEP 3 HEAL

After meals and each day, observe your poop, sleep and energy levels.

