

NOURISH^{with} Heather

JULY 13TH • 2020

Appetizer Course

Overview

INTRODUCTION:
JULY 13TH

- Set a main focus and intentions for your one week experiment
- Five Deep Breaths before every meal
- Working with your Food Relationship Type
- Grocery List & Meal Ideas
- Foods to Reduce for one week.

WEDNESDAY JULY 15TH

- Minimal Combined Meals
- Recipe book review
- Flow of your Day

FRIDAY JULY 17TH

- What is Tricky & True hunger signals?
- Hydration signals
- Is your Stress hormones responding to this experiment?

Sunday July
19th

- Sleep improvement
- Organ function & your intuition

Tuesday July
21st

- How did your Food Relationship Type respond to this approach?
- What did you learn about yourself?

What is Next?

- We will discuss what to do next?