



HEALTH & HEARTH

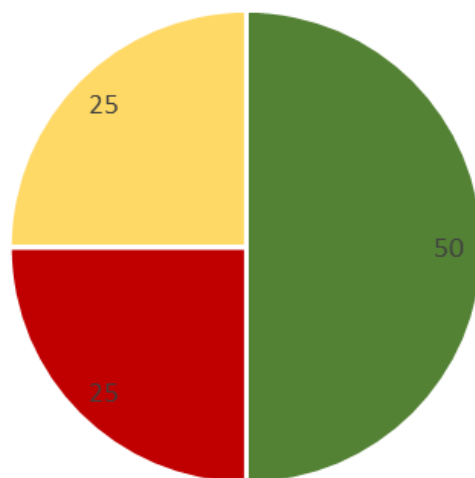
An Herbal & Wellness Practice

My Plate

While I call myself an herbal healthcare practitioner a lot of what I do is talking with clients about the foods they eat. I've seen that for many of my clients making even a small change in what they eat can have a large impact on how well they feel.

These are general guidelines and ways to think about what you eat. Your food and nutrition plan should be individualized to your needs. I can work with you on a plan or you can talk with a nutritionist to get help in addition to doing your own research if you feel the need.

Foods



■ Vegetable ■ Protein ■ complex carbohydrate ■

Food and Health Goals:

Favorite Proteins:

Fatty Fish Favorites: Choose all that you like for 2-3 Servings (or more) per week.

Salmon Sardines Kippers Mackerel Herring Tuna and other high omega 3 fish.

Or Omega 3 or Cod liver supplements. If you are vegetarian there are algae based supplements for omega 3.

Favorite Vegetables (Eat the rainbow):

Favorite Complex Carbohydrates - whole grains and legumes, sweet potatoes, occasional potato. (Not refined sugar items, baked goods, pasta, juice, soda, chips) :

Favorite Fruit:

Good Oils: Use expeller pressed oils. Healthy oils: avocado, olive, coconut, ghee, schmalz, high oleic sunflower and safflower oils.

Herb, Spice Blends and Condiments I like:

Foods I'm not Including in My Diet

Chosen nutrition guidelines: e.g. vegetarian

Foods that affect me negatively. (allergy, sensitivity, aggravates a health condition.)

Trial Foods to Eliminate:

Foods I'm not eating for _____ amount of weeks to see how they affect my health.

Food	How measure affect
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1.

2.

3.

Foods I can eat as treats but not every day:

When do I eat these:

General rules of thumb: Diet can vary by individual needs but this is a starting point for thinking about a healthy diet.

Eat foods that are:

1. nutrient dense.
2. Your great grandmother would recognize (not highly processed or with a lot of additives.)
3. It tastes good to you.
4. It fits in your budgets - both financial and time
5. You are able to make it or purchase it in a way that fits your lifestyle.
6. Reduce or eliminate refined carbohydrates.
7. Make an oil change and eat healthy oils.
8. Keep these guidelines in mind, but you don't need to obsess over this.

Enjoy your food!

My Top Recipes:

Breakfast:

Lunch:

Dinner:

Snack

Beverages:

Something to think about when planning meals:

Our digestion is often strongest in the morning and what we eat for breakfast can help our energy levels and focus throughout the day. Consider a breakfast that includes protein, vegetables and healthy fats to give yourself a base for the day.

Use a tiny habits planning sheet to help implement food changes.

Notes:

List of all fruits, vegetables and herbs/spices this week:

