

## Chapter 1 In The Beginning... #healthytakeaways

*“Realigning Nutrition with Intuition” Liv Kennedy*

### Actions

- ✓ I will incorporate liver into my meal next time I cook a mince dish.  
I am cooking \_\_\_\_\_ (meal e.g. spaghetti Bolognese, Mexican, cottage/shepherd’s pie) on \_\_\_\_\_ (one day in the next week)
- ✓ I will include bone broth in one of my meals each week that requires stock.  
I am cooking \_\_\_\_\_ (meal e.g. soup, stew/casserole, risotto, grains) on \_\_\_\_\_ (one day in the next week)
- ✓ I will have collagen powder in one drink every day.  
I am making a \_\_\_\_\_ (drink e.g. smoothie, coffee, tea) using collagen every day during the next week
- ✓ I will eat oily fish once/twice (circle) a week.  
I am eating \_\_\_\_\_ (oily fish) on \_\_\_\_\_ and \_\_\_\_\_ (two days in the next week)
- ✓ I will include a plant source of omega 3 every day.  
I am including \_\_\_\_\_ (plant source of omega 3) in my breakfast/lunch/dinner/snack (circle) every day
- ✓ I will swap all my vegetable oils for healthy oils next time I go to the supermarket.  
I am buying \_\_\_\_\_ (healthy oil) on \_\_\_\_\_ (next day of the week I am going to the supermarket)

### Consider

- Do I eat foods that my Paleo ancestors/grandma/great-grandma would not recognise? If so, how much of my diet is made up of processed foods? How can I replace them with natural, whole foods?

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