

Chapter 3 Energiser Bunny #healthytakeaways

“Realigning Nutrition with Intuition” Liv Kennedy

Actions

- ✓ I will schedule a smart snack at the time of day I need it most.
I am going to snack on _____ (including three macronutrients) at _____ o'clock every day during the week

- ✓ I will drink at least two litres of water per day. Gradually build up if you are currently far below the recommended quantity.
I am going to drink _____ litres of water every day for the next week.

- ✓ I will try a matcha latté next time I go to my local café to order a coffee.
I am going to drink a matcha latté on _____ (day of the week I am next going to a café)

Consider

- Have I tried taking any supplements for energy? If so, what were they and what effects did I notice? Why did I stop taking them? Could I start taking them again when I notice myself getting tired? Reflect on my discoveries in My Nutrition Mentor Diary

- Do I notice whether any particular foods supply me with a spark of energy? If so, what are they and what effects do I notice? Why don't I eat them more often? Could I eat them on a daily basis to give me more energy? Reflect on my discoveries in My Nutrition Mentor Dairy

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