

## Chapter 6 Hey Sweetie #healthytakeaways

*"Realigning Nutrition with Intuition" Liv Kennedy*

### Actions

- ✓ I will trial a sugar-free diet (try 3 weeks – 21 days to make/break a habit).  
I am going to refrain from eating sugar for \_\_\_\_\_ days. Reflect on my discoveries in My Nutrition Mentor Diary
  
- ✓ I will add cinnamon to my breakfast.  
I am going to sprinkle ½ teaspoon of cinnamon on my \_\_\_\_\_ (sweet breakfast option) on \_\_\_\_\_ (number) days of the week
  
- ✓ Substitute white carbs for wholegrain carbs.  
I am going to replace \_\_\_\_\_ (white carbs) for \_\_\_\_\_ (wholegrain carbs). Reflect on my discoveries in My Nutrition Mentor Diary
  
- ✓ I will freeze my bananas (remember to peel them first!).  
On my next mission to the supermarket on \_\_\_\_\_ (day of the week) I am going to buy extra bananas to store in the freezer for smoothies and smoothie bowls
  
- ✓ I will soak my chia and flaxseeds before adding them to smoothies.  
I am going to soak \_\_\_\_\_ (quantity) of chia/flaxseeds (circle one or both) in \_\_\_\_\_ (quantity) of water overnight, in preparation for my smoothie for breakfast the following day
  
- ✓ I will add a piece of fruit to my (kale!) salad to make it more delicious.  
I am going to add \_\_\_\_\_ (orange, pear, apple or other piece of fruit) to my next \_\_\_\_\_ (kale, cavelo nero, spinach, silverbeet, cos, rocket, coleslaw) salad
  
- ✓ I will make a batch of bliss balls to keep in the freezer for when a snack attack hits!  
On \_\_\_\_\_ (day of the week) I am going to make \_\_\_\_\_ (flavour) bliss balls to store in the freezer, so I am equipped with a healthy sweet treat
  
- ✓ Replace white sugar with a more nutritious sweetener.  
On my next mission to the supermarket/health store, I am going to buy \_\_\_\_\_ (natural sweetener) to use in baking/sweet treats instead of white sugar

## My Nutrition Mentor

### Consider

- Do I include all three macronutrients in all of my meals and snacks? If not, how can I incorporate all of these to ensure I have balanced blood sugar and energy levels? Reflect on my discoveries in My Nutrition Mentor Diary

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- Have I tried any of the recipes for *Fool-Proof Smoothies*? If yes, what differences did I notice? If not, give a couple a go. How can I incorporate one/some of these recipes into my daily diet? Reflect on my discoveries in My Nutrition Mentor Diary

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