

Inspirations

Breakfast

Write your ideas here

Lunch

Write your ideas here

Dinner

Write your ideas here

Snacks

Write your ideas here

Beverages

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Directions for

Nourishment Inspirations

1) It can be hard to abruptly change your diet. This is why I've created nourishment Inspirations. Instead of making drastic changes to the way you eat, consider slow evolution over time.

One way you can do this is to create a couple of nourishment inspirations for each meal, snack and/or beverages throughout the week. Continue to eat as you normally would but challenge yourself to try a new inspiration.

If you are worried your inspirations won't be nutritionally adequate you can [book an appointment](#) with me!

2) Once you've completed your inspirations, hang them up and use them throughout the week when you are in the mood to try something new!

PEACE!

Jennifer Carlson - *The Peaceful Nutritionist*