

Module 2: Explore New Foods

Instructions

There are many ways to nourish and care for your body and mind, and eating a nutrient-dense diet is something you can do each and every day! Consuming a variety of foods helps ensure that you're getting a spectrum of vitamins and minerals that support overall health and well-being. Variety really is the spice of life when it comes to nourishing your body!

Try It

This week, try a few new recipes using nourishing foods that are less familiar to you. The recipe does not have to be complicated, and it does not have to be a big meal! It can be a snack, dessert, breakfast, lunch, or dinner. The goal is to keep it simple and easy while introducing your taste buds to something new.

1. Choose a few new foods to try and research some recipes. Search the Internet, Instagram, Pinterest, or magazines for recipe ideas!
2. Create a grocery list of the ingredients you need.
3. Schedule a time for grocery shopping.
4. Start cooking!

Reflect

After trying your new recipe, reflect on the following...

1. Which ingredient did you choose? What made you want to incorporate it into your diet?
2. Will you continue to include it in your diet moving forward? If so, how?

