



The Nutrinut

4 Weeks of
Self - love

CHALLENGE



Eat well . Live fully . Love endlessly



4 Weeks of self-love

WEEK 1

MON

Read wellness pledge (page 8), sign it, and save it as your desktop image. Read it every morning before starting your day.

TUE

Bake something yummy and share with your loved ones. How about a delicious [banana bread](#)?

WED

Journal time: How's your week going? What were some of the challenges you faced? Is something bothering you? Why?

THU

Food for thought: Free yourself from making any food decisions based on calories.

FRI

Check out video: [Staying Motivated in Nutrition & Fitness](#). Take some time to find your why.

SAT

Before you meal prep, do this: 1)Plan your meals for the week. Keep it simple & practical. 2)Check what you already have in pantry and fridge. 3)Make a shopping list and check it twice.

SUN

Call a friend today. Texting doesn't count.

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WEEK 2

MON

Complete a Food+Mood Journal (page 9) for 3 days this week. Observe carefully how you feel and take notes. This will help detect any food triggers and patterns.

TUE

Food+Mood Journal Day 2

WED

Food+Mood Journal Day 3

THU

Enjoy a homemade comforting soup for dinner. May I suggest a [green split pea soup](#)?

FRI

Food for thought: Free yourself from dieting or food/calorie restricting as a way of making up for what you ate. Food is there to nourish your body and not to be feared.

SAT

Journal time: What do I need more of in my life?

SUN

Prep a [coconut carob/chocolate granola](#) to have as a delicious breakfast or snack for the week.

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WEEK 3

MON

Journal time: Ten things that I'm grateful for. Go!

TUE

Check out the post [Superfoods that Help with Anxiety](#) and plug some of these foods into your menu today.

WED

Food for thought: Free yourself from making up for what you ate with exercise. Instead, exercise as a way of loving and honoring everything your body can do for you.

THU

Make a list of what you enjoy doing. Try one TODAY! Make sure to challenge yourself a little and think of things that don't involve your phone, tv, or computer. Go!

FRI

Make sure all of your meals (breakfast, lunch, dinner, & snacks) contain the following: A healthy source of fat, protein, fiber, and nutrient booster (fruits and veggies). Observe how you feel.

SAT

Journal time: What's draining my energy and what can I do about it?

SUN

Take a deep breath. You're doing great!

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WEEK 4

MON

Check out post [Nutrition Tips for Better Sleep](#) and make today about putting into practice some of these tips.

TUE

Move a little more today. Take a fun fitness class. Whether it's a video or in person. I love [Yoga with Adriene](#).

WED

Food for thought: Free yourself from labeling food as good or bad.

THU

Journal time: List your three short-term goals and three long-term goals. Write them down and keep it where you can see it every day.

FRI

Listen to a podcast episode. (Try [The Nutrinut Podcast](#) ;))

SAT

Start your day with a smoothie. Heck, go crazy - try adding a handful of spinach. How does it feel being so awesome?

SUN

Close your eyes, take a few deep breaths, and thank yourself for showing up for you! You did amazing!



Extra tools



THE NUTRINUT

WELLNESS PLEDGE

I _____ promise that from this moment on, will make all of my wellness decisions out of love. Whether related to food, exercise, or lifestyle, I will always use love (for myself and my body) as my guide.

I also promise to be more forgiving and loving towards myself and I release all thoughts of guilt, shame, and other negative thoughts and emotions when it comes to food and my body.

This is my loving promise to self!

The background is a white marble surface with grey veining. Scattered across the surface are several slices of orange and grapefruit. There are also small sprigs of green herbs, possibly thyme, scattered around. The text is centered in the upper half of the image.

3-Day *Food + Mood journal*

YOUR MINDFUL

FOOD TRACKER



INTRODUCTION

I'm so happy to be sharing with you this awesome tool.

This journal is unlike any other. It was carefully designed to not only help you keep track of the foods you eat, but also to bring back mindfulness and awareness to your body!

HOW IT WORKS

Start by setting a daily intention. Whether it is to make healthy, nourishing food choices, or even to enjoy every second of the day.

Fill out the foods that you eat for every meal. Make sure to specify quantities, the time you eat, and whether it was homemade or packaged.

During every meal, rate your hunger level before you eat (1=not very hungry, 5=starving). Also, rate your stress level (1=relaxed, 5=very stressed). And after you eat, do you feel any adverse effects, like feeling too full, fatigue, nausea, bloated, lightheaded, migraines...

Lastly, include how many cups of water you drink that day.

DAILY INTENTION:

DATE:

WATER CUPS:

WHAT I ATE+HOW MUCH	SPECIFY	OBSERVE
BREAKFAST	TIME: HOMEMADE PACKAGED EAT OUT	HUNGER LEVEL: 1 2 3 4 5 STRESS LEVEL: 1 2 3 4 5 ADVERSE EFFECT: (BLOAT, FATIGUE...)
SNACK	TIME: HOMEMADE PACKAGED EAT OUT	HUNGER LEVEL: 1 2 3 4 5 STRESS LEVEL: 1 2 3 4 5 ADVERSE EFFECT: (BLOAT, FATIGUE...)
LUNCH	TIME: HOMEMADE PACKAGED EAT OUT	HUNGER LEVEL: 1 2 3 4 5 STRESS LEVEL: 1 2 3 4 5 ADVERSE EFFECT: (BLOAT, FATIGUE...)
SNACK	TIME: HOMEMADE PACKAGED EAT OUT	HUNGER LEVEL: 1 2 3 4 5 STRESS LEVEL: 1 2 3 4 5 ADVERSE EFFECT: (BLOAT, FATIGUE...)
DINNER	TIME: HOMEMADE PACKAGED EAT OUT	HUNGER LEVEL: 1 2 3 4 5 STRESS LEVEL: 1 2 3 4 5 ADVERSE EFFECT: (BLOAT, FATIGUE...)

DAILY INTENTION:

DATE:

WATER CUPS:

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