



FIVE STAR EATING

WEEK 5

My Week in Action

"You are what you eat eats." – Michael Pollan

"So many people spend their health gaining wealth, and then have to spend their wealth to regain their health." – A.J. Reb Materi



CORE PRINCIPLE: *Seek the Source*



DAILY ACTION: *Choose organic animal products and plants that absorb pesticides and are genetically modified.*



MIND WHAT MATTERS: *Invest time and resources in your health so that you can do what matters*

You may experience:

- Better digestion.
- The desire to consume fewer animal products/eat less meat in favor of spending your money on organic products when you can.
- Relief from headaches and other “mystery symptoms” as you minimize pesticides/herbicides and other toxic chemicals.

Questions to ask yourself to stay on track:

- What choices are available to eat more dark-skinned produce? Can I shop at a farmer’s market or local store, where someone knows the source of the food?
- Are there any restaurants, store, co-ops, or CSAs (community supported agriculture) near me?
- Do I have the Dirty Dozen and Seafood List in my shopping bag/wallet/purse/saved to my phone?
- Am I spending time and money on non-essentials instead of quality food, and how can I shift those around?

My Week in Action: Fill in the meal plan with your healthy choices this week.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>Breakfast</i>							
<i>Lunch</i>							
<i>Dinner</i>							
<i>Snacks</i>							
<i>I chose organic animal products.</i>							
<i>I know where my food comes from.</i>							
<i>I invested time and money in my health.</i>							
<i>I feel...</i>							