



FIVE STAR EATING

WEEK 1

My Week in Action

“Almost every successful person starts with two beliefs: the future can be better than the present, I have the power to make it so.” – David Brooks



CORE PRINCIPLE: *Choose Quality, Nutrient-Dense Foods*



DAILY ACTION: *Eat five (½ cup) servings of vegetables daily (customize this for your needs)*



MIND WHAT MATTERS: *Listening Mindset*



BONUS ACTION: *Eat one fermented food each day*

You may experience:

- Less hunger due to increased fiber and water intake
- More regular, easier digestion
- Fat loss
- Increased energy
- Peace of mind knowing you are meeting your body's true needs

Questions to ask yourself to stay on track:

- Am I hungry? Am I tired? Am I full or soon to be full?
- Is this the best choice I can make right now?
- Does this food nourish me?
- How can I add more vegetables to my snack/meal?
- Are there *Five Star* recipes I can add or adapt?
- What would a *nutritarian* do?
- How can I set myself up for success tomorrow?

What if you don't complete your plan? IT's OK! You are making the best choices you can with what you've got in the given moment. Resilience is the ability to bounce back from setbacks and obstacles, and may be the most important skill in a healthy lifestyle, because we never have a “perfect day” or “perfect week.”

Do your best and that's enough.

My Week in Action: Before the week begins (maybe even before grocery shopping), 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 ate ½ cup servings of produce</i>	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
<i>I ate a probiotic/fermented food.</i>	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
<i>I paid attention to my body's needs.</i>	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
<i>I feel...</i>							