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Living F.R.E.E. Lab

Family Nutrition

- Mindset
- Preparation
- Time Together
- Nourishment

1-2-3 Prep

Protein _____

Fruits _____ _____

Vegetables _____ _____ _____

Protein _____

Fruits _____ _____

Vegetables _____ _____ _____

Reflections

List three goals you have to improve your family's overall nutrition

1. _____
2. _____
3. _____

What are three strategies you can use to help yourself?

1. _____
2. _____
3. _____

Reflections

What is your family's attitude towards healthy eating habits?

How much of a priority is healthy eating in you house?

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DAILY SPECIALS

	Breakfast	Lunch	Dinner
S			
M			
T			
W			
Th			
F			
S			