

Welcome to Week Four!

Here is our game plan....

Watch, Read and Learn:

- **Prepare:** Print off the ebook that I provided, or keep it handy as you watch the videos. It is a more detailed guide of the recipes I covered in the videos. Watch the videos and decide which foods sound the best for your family. Bring the ebook with you to the store to serve as a shopping guide
- **Make a plan:** Pick and choose which foods you want to incorporate into your routine and go get those ingredients! Use the Facebook group or email for support if you have questions about the process

Cook:

- **Prepare:** Buy the ingredients and equipment necessary to make these foods easy and quickly. Do not cut corners in these processes, the steps in each of them are necessary to make them as health promoting as possible. For example, the long fermentation process for the yogurt or the soak period for the nuts. The equipment also makes the process much easier, so if you can afford it, stock up on the tools I mention. I understand that budgets can get very tight, so if you need an alternative to a certain kitchen gadget, feel free to ask in the Facebook group and we can brainstorm some alternatives
- **Cook:** Make the recipes and learn how easy they can be to become a part of your routine!

Educate:

- **Read:** Read up on the health benefits of each of the foods I detailed. You will make more of a connection to the importance of these foods if you understand what they are doing for your health and the health of your family. As you learn to make these easily and as a part of your routine, you will feel so empowered that you are taking charge of your health and your family's health in such a positive (and routine) way!
- **Talk About it:** Tell your family why these foods are important and ask them to help you make them. As your family learns more and feels more empowered they will hopefully learn to enjoy these foods and like to have them as a part of the weekly routine too! Who knows, they might even choose to make one of these foods themselves and help you out!

SHARE, LEARN AND ASK QUESTIONS!

- Use our Facebook Group to ask questions and start discussions. This is the beauty of the group, we can all support each other through this food journey. If you have a question that you wish to keep private and do not want to post in the group, feel free to email me at any time. I will get back to you asap, I check my email often.
- Do not be afraid to ask questions, often times there are many who have the same questions as you do and asking the question opens up a great conversation for the entire group!
- Please share your experiences and successes in the group. It is great to hear new discoveries that you are making, as well as, the hurdles that you have overcome.
- Anything goes in the group, ask away! Remember, information shared within the group stays in the group. It is confidential and will not be shared outside of the group!