

The Lunar Nourishment Checklist: Top 4 Tips

Below is a list of four takeaways you can use. Implement whole foods into your diet, just like we did!

1	Whole Foods	<input type="checkbox"/>
	<ol style="list-style-type: none">1. Look for fruits and veggies that look as natural as possible2. Replace processed veggies (veggie chips, vegetable dip) with real vegetables	
2	Meal Planning	<input type="checkbox"/>
	<p>Try the following this week:</p> <ol style="list-style-type: none">1. On Saturday, plan your lunches for the coming week. On Sunday morning, grab your grocery list and get to the market!2. Spend 1-2 hours Sunday evening chopping your veggies, cooking your protein and preparing your food. Monday morning will be so much easier!	
3.	Steamed, not Sauteed	<input type="checkbox"/>
	<ol style="list-style-type: none">1. Try cooking your food lightly by steaming it.2. Root vegetables actually take less time to cook when steamed!	
4.	Buddha Bowl Recipe	<input type="checkbox"/>
	<p>Try this recipe out this week!</p> <ol style="list-style-type: none">1. Steamed veggies: sweet potatoes, kale, carrots2. Cooked lentils and brown rice3. Raw, shredded beets and raw bean sprouts4. Hummus5. Optional boiled egg <p>Place a scoop of steamed veggies and lentils/rice in your bowl. Sprinkle as much raw veggies as you want and add a dollop of hummus on top. To make this even healthier, add sauerkraut or kimchi!</p>	
3.	Eat Out Less	<input type="checkbox"/>
	<ol style="list-style-type: none">1. Create a weekly budget for eating out.2. Stick with it!	
4.	Start Small	<input type="checkbox"/>
	<ol style="list-style-type: none">1. If you're eating healthy but are completely stressed out because of this, you are compromising your health, just in a different way.2. Do what you can, when you can, and know that any little step makes all the difference!	

