



# ◆ Wellbeats

Wellness

## Supportive Foods Program

We know that food feeds and fuels us beyond just fulfilling hunger or cravings - nutrients in what we eat, drink and add to our foods (such as herbs and spices) can improve countless aspects of our lives. This program looks at foods (and associated nutrients) that support our health. It will provide specific food examples and recipes to incorporate into your daily meal routine.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	<p>Intro to Supportive Foods (Nutrition Education) 1 min</p> <p>AND</p> <p>Supportive Foods: Immunity (Nutrition Education) 3 min</p>	<p>Supportive Foods: Mental Focus (Nutrition Education) 4 min</p>	<p>Supportive Foods: Skin (Nutrition Education) 3 min</p>	<p>Supportive Foods: Stress (Nutrition Education) 5 min</p>	<p>Prepare one of the recipes associated with this weeks classes.</p>	<p>Rest</p>	<p>Rest</p>
WEEK 2	<p>Supportive Foods: Sleep (Nutrition Education) 6 min</p>	<p>Supportive Foods: Digestion (Nutrition Education) 4 min</p>	<p>Supportive Foods: Metabolism (Nutrition Education) 5 min</p>	<p>Supportive Foods: Inflammation (Nutrition Education) 6 min</p>	<p>Outro to Supportive Foods (Nutrition Education) 1 min</p> <p>AND</p> <p>Prepare one of the recipes associated with this weeks classes.</p>		