

Healthy Nutrition Checklist

Week of _____

Each day, check off the healthy foods you consume. Feel free to substitute with other foods more available in your local area.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cod Liver Oil							
Raw/Cultured Milk							
Butter							
Eggs							
Wild-caught Seafood							
Beef							
Poultry							
Coconut Oil							
Other Coconut Foods							
Lacto-fermented Foods (at each meal)							
Bone broth							
Properly prepared whole grains (soaked, sprouted, sourdough)							
Fresh vegetables and fruits							

Menu Ideas:

Breakfast

- Whole soaked grains
- Eggs
- Milk
- Cod Liver Oil

Lunch

- Bone Broth
- Veggies/Fruits
- Eggs
- Lacto-fermented drinks
- Aged cheeses
- Sourdough/soaked breads

Supper

- Beef & seafood
- Steamed veggies with butter
- Salads with enzyme-rich dressing
- Sauerkraut, fermented veggies
- Lacto-fermented drinks

Snacks

- Smoothie w/ coconut oil, eggs
- Yogurt or kefir
- Properly prepared muffins, granolas
- Cookies made with sprouted flour
- Berries with fresh cream