



## **WEEK NINE: Home Activity**

### **Diet & Nutrition for Recovery**

This week I'll invite you to continue the evaluation of your "example" clients by creating a plan of action around their diet. Based on their current state, include what types of foods you would encourage them to eat, for breakfast, lunch and dinner.

#### **CLIENT #1**

- Difficulty falling asleep
- Digestive issues
- Watching 2+ hours of Netflix/movies/internet browsing before bed
- Emotionally demanding and draining workplace/job
- Consistent headaches

Breakfast:

Lunch:

Dinner:

#### **CLIENT #2**

- Can't function without 3+ coffees per day
- Exhausted all the time

- Self-employed, inconsistent work hours, demanding
- Financial stress
- Social anxiety

Breakfast:

Lunch:

Dinner: