

## A High Energy YOU

### Key Topics:

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### Royalty of Meals:

Breakfast like a \_\_\_\_\_

Lunch like a \_\_\_\_\_

Dinner like a \_\_\_\_\_

### The S.A.D..... Why we lost the nutrients

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### Some examples of Whole Foods:

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### Rule Number One:

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### Upgrading a S.A.D Breakfast:

Instead of \_\_\_\_\_ choose \_\_\_\_\_

Instead of \_\_\_\_\_ choose \_\_\_\_\_

Instead of \_\_\_\_\_ choose \_\_\_\_\_

**Congratulations** on your interest in being healthier! For more info go to [www.simplynutrition.org](http://www.simplynutrition.org) -- click 'events' and sign up for additional tele-classes and my newsletter.