



## POSSIBLE GOALS

- Choose 1 of our recipes (or 2 or 3) to cook this month.
- Combine our recipes to make one healthy meal this month.
- Replace 1 (or 2 or 3) ultra-processed foods you normally eat with one of our healthy recipes.
- Choose one meal a week to eat slower at so that your brain can catch up with your stomach.
- Fast for one meal (if medically possible) and read your Bible for that time.
- Spend time praising God for giving you food that energizes and heals your body.
- Spend one meal noticing the great taste of a simple food (fruit, nut, or vegetable).
- Make one meal this month a simple meal (only 2-3 different kinds of food).