GUIDES TO REBALANCING YOUR DIET BONUS. HEALTHY MEAL

Eat fruits and vegetables in abundance

Eat protein foods

- 1/2 FRUIT AND VEGETABLES
- 1/4 CEREALS
- 1/4 PROTEIN
 - STAY WELL HYDRATED
 - GET ENOUGH SLEEP
 - WALK OR MOVE



Choose foods whole grains

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<u>)</u> •	Check your reasons for ACT				
		Digestive inconveniences		Recent health concerns (which one(s)?)	
		Joint pain		Overweight	
		Loss of energy		Want to regain a more satisfactory appearance	
		Frequent fatigue		Want to cook more at home	
		Cardiovascular risks		Insufficient or non-restorative sleep	
		Drowsiness at certain times Snacking		Nibbles	
		Exhaustion		Medical advice	
		Lack of enthusiasm		Irritability	
		Lack of productivity		Depressive state	
		Old health concerns (which one?)		Want a healthier weight	

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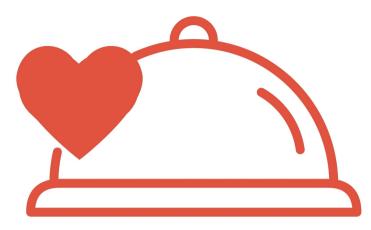
GUIDES TO REBALANCING YOUR DIET BONUS. S.M.A.R.T. GOALS FOR 3 WEEKS

S.M.A.R.T.	Goal	Week n° 1	Week n° 2	Week n° 3
Well defined, clear, and	S			
unambiguous	Spécific			
With specific criteria that measure your progress toward the	M			
accomplishment of the goal	Measurable			
Attainable and not impossible to	A			
achieve	A chievable			
Within reach, realistic, and relevant	R			
to your life purpose	R ealistic			
With a clearly defined timeline, including a starting date and a	Т			
target date The purpose is to create urgency.	Temporal			

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GUIDES TO REBALANCING YOUR DIET BONUS. FLYER





RECONNECTING TO MY SENSATIONS





REDISCOVER THE PLEASURE OF TASTE





EAT BETTER, WITHOUT DEPRIVATION





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