Sari's Natural Medicine

REBALANCE. REBUILD. REVITALISE. REJUVENATE.

WORKSHEET

Connect this change with something in your established routine, like replacing refined grains with whole-grains. Remember to incorporate this change slowly over your week by building on your level of activity.

There is plenty of space provided for you to write some meal ideas that incorporate food combining and the avoidance of all refined carbohydrates, and junk food. Write all the refined carbohydrates that you currently eat. Next to each food you have listed, write what you plan to replace it with: