

REALISTIC WELLNESS BY SHAUNA

Daily Skin Nutrition



	Produce	M	T	W	T	F	S	S
	½ - 1 lb raw veggies							
	½ - 1 lb cooked veggies							
	2 servings starchy veggies/ grains							
	3-5 servings fruit							

	Fats	M	T	W	T	F	S	S
	2 tbsp maximum dried fruit							
	1 oz raw nuts/seeds							
	1 tbsp flax seeds							
	½ avocado							

	Protein	M	T	W	T	F	S	S
	6 oz maximum meat per week							
	½ - 1 cup legumes							

	Vitamins	M	T	W	T	F	S	S
	Omega 3							
	D3 & K2							
	B-12							
	Seaweed for iodine							

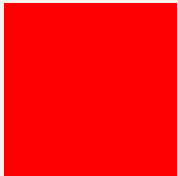
	Habits	M	T	W	T	F	S	S
	Drink 2 liters of water							
	Collect every color 							

Supplements should only be taken if you are not getting enough or as told by your doctor.

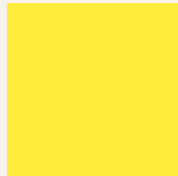
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COLOR NUTRITION GUIDETM

MAKE YOUR MEALS COLOR COMPLETE



RED



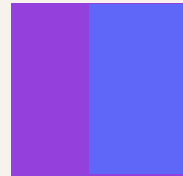
YELLOW



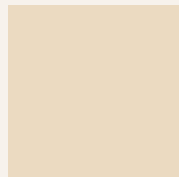
ORANGE



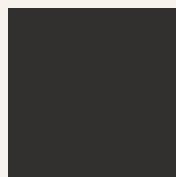
GREEN



PURPLE/
BLUE



NEUTRAL



BLACK

WHAT EACH COLOR MEANS

Red: Lycopene, anthocyanins, vitamin c, betalains

Yellow & Orange: Carotenoids (Beta-Carotene, Alpha-Carotene, Beta-Cryptoxanthin)

Neutral: allicin, flavonoids (quercetin, kaempferol), and polyphenols

Green: essential vitamins (A, C, K, Folate), minerals, phytochemicals (Chlorophyll, Lutein, Isothiocyanates)

Blue, Purple & Black: Anthocyanins, Flavonoids & Phenolics



Collect at least 1 of each color icon per day to be color complete!

Today's Date:

Breakfast



A diagram consisting of a red square positioned directly above a blue square. Both squares are solid and have a slightly rounded appearance. They are centered horizontally within the diagram area.

Drinks & Snacks

2 Liters Of Water

Lunch

Dinner



Snacks

