

List Of Foods That Give Me Energy

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_____	_____
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_____	_____
_____	_____

One New High-Energy Food I Will Try This Week Is:

List Of Foods That Make Me Feel Sluggish

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How I Feel After Eating These Foods Is:

Most people are unaware of the fact that the kind of food they eat has a direct impact on their ability to accomplish their goals. Use food to create your desired effects and achieve balance.

If you feel	And you want to feel	Basic Options
Anxious Worried Thinking too much	Calm Soothed Centered	Millet, Sweet Rice, Winter Squash, Carrots, Root Vegetables, Garbanzo Beans, Mochi
Sad Depressed Lethargic Can't Think Clear	Relieved More Compassionate Energized Decisive/More Organized	Quinoa, Fish, Tempeh, Lentils, Onions, Ginger, Scallion, Greens, Cooked Fruit, Toasted Seeds & Nuts
Afraid Overwhelmed Lack Confidence	Courageous Know Your Own Mind Self-Confident Committed	Miso Soup, Confused Black Beans, Oats, Buckwheat, Soba Noodles, Greens, Root Vegetables
Impatient Restless Frustrated Angry Resentful	More Patient Alert Self-Expressive Less Angry Assertive Clearer	Quinoa, White Beans, Cabbage, Leafy Greens, Daikon Radish, Intense, Shiitake Mushrooms, Seaweed, Umeboshi Plums
Over-Excitable Too Tense Like a Workaholic Unable to Enjoy Life	More Relaxed Playful Celebrative Inspired	Brown Rice, Corn or Polenta, Pinto, Kidney or Black Beans, Salad, Cucumber, Sprouts

These statements have not been evaluated by the Food and Drug Administration.

This is not intended to diagnose, treat, cure, or prevent any disease. www.BeWellByMichelle.com (c) 2014