

Get yourself set for a delicious & healthy week.

Grocery shopping and cooking is practical nourishment! Having a fridge full of healthy food, makes it possible to make healthy choices!



1. I'm using my PNT (Practical Nourishment Time) to:

\_\_\_\_\_ (shop, cook)

2. The day and time of my PNT is: \_\_\_\_\_

3. I'm asking for support from:

\_\_\_\_\_ (family, friends, NWN Facebook group)

**Shopping List**

**Basics I'm going to make**

What do you want ready for you, when you open the fridge?  
a pot of rice?  
Quinoa?  
Cut veggies?  
A salad?

**New recipe to try**

How about one of the recipes from Nourished Woman Nation?

**Real nourishment!**