

—PURE—

Whole-Food & Plant-Based Support

Workbook

Module Four

Grocery List



From the salad slides, make a grocery list to build some salads you might like.

Greens	Nuts/Seeds	Fruit	Vegetables

Fun

Make a list of movies, people and situations that make you laugh.

[illegible]

Fun

Make a list of things that you could add to that list that you might enjoy doing/watching

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Fun



Go online and search for local classes/group workouts that you are interested in participating in. Make it a goal to try one of them in the next few weeks.
