

—PURE—

Whole-Food & Plant-Based Support

Workbook

Module Three

Low Cost Meals



Of the listed suggestions for saving money while shopping, what are two that you are willing to try?

When and how are you going to implement those money saving tips? Do you use some of them already?

Seasonal Foods



Go online and research the seasonal foods in your area.
What are some seasonal foods available to you right now?

While online, also research local farm markets/vendors who
sell seasonal organic food. Are there any in your area?

Walking



How much walking/running do you currently do each week?

What time of day are you most likely to find the time to walk? What can you do to make sure that you walk at least two hours each week?

Walking



Do you have anyone (spouse, children, friends, etc) who would be willing to walk with you each week?

How do you feel after walking each time? Does this encourage you to keep walking?

Journaling



Have you journaled in the past and were you successful with it? How long did you journal?

When are 3 times that you could take the time to thoughtfully journal each day?

Journaling



We have provided 7 days of space for journaling (found at the end of this workbook). Spend the week journaling and then come back to this section. How did you feel before and after the journaling each day?

Did you learn anything about yourself through the process of journaling?

Journaling

Day 1

[illegible]

Journaling

Day 2

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Journaling

Day 3

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Journaling

Day 4

[illegible]

Journaling

Day 5

[illegible]

Journaling

Day 6

[illegible]

Journaling

Day 7

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