

-PURE-

Whole-Food & Plant-Based Support



Workbook

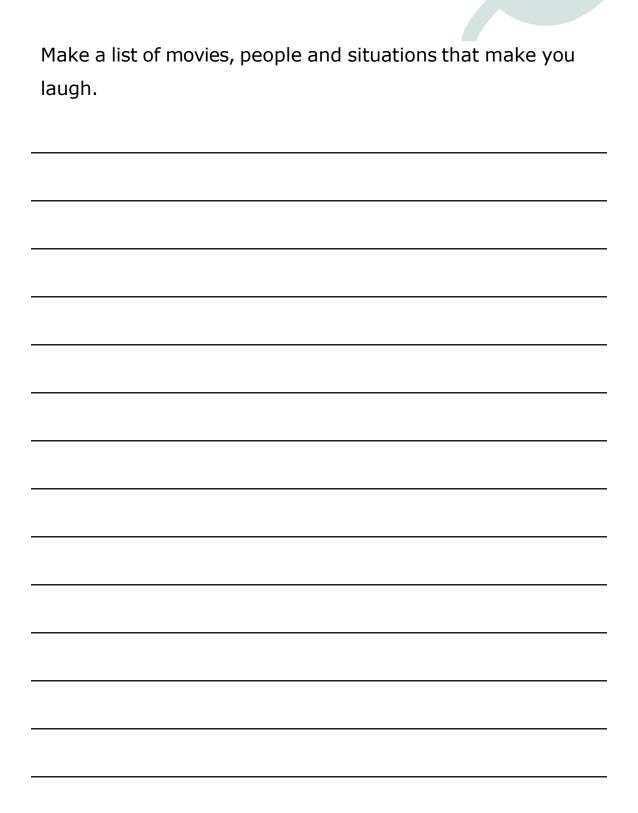
Module Four

Grocery List

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

Greens	Nuts/Seeds	Fruit	Vegetables

Fun



Fun



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.			