



— 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

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.
