



Hone Your Inner Compass

5 DAY CHALLENGE

Day 3 - Eat an Earlier Lighter Dinner

1. What time do you usually eat dinner?
2. What's on your dinner menu this week? What types of food do you typically have for dinner?
3. If you were to dial your dinner time back, what's doable for you? (Remember, it's not necessary for the whole family to eat an earlier, lighter dinner with you.)
4. What are some easy dinner ideas that meet the "lighter" criteria for you?

LISTEN + KNOW

What YOUR Body

Wants!

Basic Salad

Make a base of greens: Spinach, Romaine, Arugula, Mixed Greens, etc. (alternate the kind you use) Add-ins: Colored peppers, sprouts, celery, carrots, beets, sugar snap peas, nuts, tomatoes, cucumbers, herbs, etc.

Simple Salad Dressing

EVOO (extra virgin olive oil), lemon juice, ACV (apple cider vinegar)

Basic Soup

Water and Rapunzel veggie bouillon cube (or bone broth) onions, garlic, leek, or other yummys for flavor veggies *Soup can be so simple if you are in a hurry — water, a Rapunzel veggie bouillon cube, and miso paste. If you have time, sauté some onions, carrots, and garlic in olive oil, throw in whatever veggies are in the fridge, broth, and simmer. Add a touch of canned coconut milk for creaminess.