



Welcome to Week 3

Things are getting interesting!

We covered a lot of material last week and we worked on reframing your mind while creating some new healthy habits. I hope that you enjoyed my meal plan last week as well... I'll be giving you a brand new one this week!

We've got a lot of more interesting things to cover this week – stuff that every plant-based eater should be aware before hitting the grocery store.

So, let's do it!

With Compassion,
Nafsika