

## Week #2 Action Steps

**Awesome!** You've just completed Week #2 with me and you're doing great!

What did you think of the lecture on chewing? This exercise is meant to create awareness and help slow things down in case you're not chewing enough. Remember, saliva has important enzymes that help break down food, making it easier to digest and assimilate which means more of it gets used by the body versus being stored as fat.

The cool thing about week 2 is that you get a full 7-Day Meal Plan so you don't have to worry about what to cook for the next week! Feel free to also browse through [my recipes](#) on my website for more plant-based meal ideas. I also encourage you to search for other recipes online as there are thousands amazing ones available. 😊

Please follow the exercises below for this week and I ask that you continue drinking water every 2 hours as well as eliminate the dairy if you haven't already.

Here are this week's exercises:

- Exercise 1:** EBT Check-In
- Exercise 2:** The Chewing Guide
- Exercise 3:** Start My Daily Meal Plan!
- Exercise 4:** Vegan Proteins Guide
- Exercise 5:** Movement Menu

**HUGE TIP:** Do you get late night cravings? Try eating more **protein** (plant-based like the ones above!!) **during the day**. A solid lunch will keep you best fulfilled for later.

Now don't forget to refer to my daily menu and eat well, and let's give that body some movement!

With Compassion,  
Nafsika