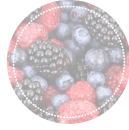


DAILY MOOD BOOSTING CHECKLIST

BERRIES

1 serving = 1 handful

Ex: Blueberries, blackberries, raspberries, goji, acai.



CRUCIFEROUS VEG

1 serving = 1/2 cup chopped

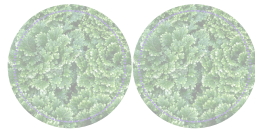
Ex: Cabbage, broccoli, cauliflower, kale, brussel sprouts, bok choy.



LEAFY GREENS

1 serving = 1 cup

Ex: Spinach, lettuce, dandelion, swiss chard, parsley.



BRIGHT VEGGIES

1 serving = 1/2 cup chopped

Ex: Peppers, zucchini, eggplant, sweet potato.



NUTS

1 serving = 1 handful

Ex: Walnuts, brazil nuts, almonds, cashews, pecans, pistachios.



SEEDS

1 serving = 1 tsp - 1 tbsp

Ex: Pumpkin, sunflower, sesame, chia, flax, hemp.



FERMENTED FOODS

1 serving = 2 tbsp - 1/4 cup

Ex: Sauerkraut, kefir, yogurt, kombucha, tempeh, miso.



WATER



NON-NEGOTIABLES



Sleep for 7-8 hours.



Move your body for 30 minutes.



Write down 3 things you're grateful for.

