

The background of the entire page is a watercolor-style wash in shades of teal and white. The top portion is a solid teal color, while the middle and bottom portions feature a soft, blended watercolor effect with varying intensities of teal and white.

SOUL *food*

HOSTED BY GRIGORIA KRITSOTELIS

A NOTE FROM GEE

You are all that you believe you are.
You are the ocean. You are the sun. You are the leaves on a tree.
You are connected to everything. And everything is here to work
in your favour. You intended for it to be that way long before you
made your journey here. I'm so honoured to welcome you into
this course and excited for you to evolve and become everything
that you already are. Get ready for major shifts. Enjoy the sacred
activities created for you in this workbook. You are infinitely
loved and supported.



MODULE TWO WORKBOOK

Food for the Soul

ACTIVITY ONE

1. This week I want you to focus on understanding the types of foods (and drinks) you're consuming and how your body is reacting to them. And so, you are going to keep a food diary/log as well as reflect on how your body feels after your consume your various meals).

You can start this log on any day, but be consistent for 7 days.
An hour after each meal, reflect on how your body feels.

DAY ONE

Meal One:

One-Hour Reflection:

Meal Two:

One-Hour Reflection:

ACTIVITY ONE

Meal Three:

One-Hour Reflection:

Meal Four:

One-Hour Reflection:

Meal Five:

One-Hour Reflection:

ACTIVITY ONE

DAY TWO

Meal One:

One-Hour Reflection:

Meal Two:

One-Hour Reflection:

Meal Three:

One-Hour Reflection:

ACTIVITY ONE

Meal Four:

One-Hour Reflection:

Meal Five:

One-Hour Reflection:

DAY THREE

Meal One:

One-Hour Reflection:

ACTIVITY ONE

Meal Two:

One-Hour Reflection:

Meal Three:

One-Hour Reflection:

Meal Four:

One-Hour Reflection:

ACTIVITY ONE

Meal Five:

One-Hour Reflection:

DAY FOUR

Meal One:

One-Hour Reflection:

Meal Two:

One-Hour Reflection:

ACTIVITY ONE

Meal Three:

One-Hour Reflection:

Meal Four:

One-Hour Reflection:

Meal Five:

One-Hour Reflection:

ACTIVITY ONE

DAY FIVE

Meal One:

One-Hour Reflection:

Meal Two:

One-Hour Reflection:

Meal Three:

One-Hour Reflection:

ACTIVITY ONE

Meal Four:

One-Hour Reflection:

Meal Five:

One-Hour Reflection:

DAY SIX

Meal One:

One-Hour Reflection:

ACTIVITY ONE

Meal Two:

One-Hour Reflection:

Meal Three:

One-Hour Reflection:

Meal Four:

One-Hour Reflection:

ACTIVITY ONE

Meal Five:

One-Hour Reflection:

DAY SEVEN

Meal One:

One-Hour Reflection:

Meal Two:

One-Hour Reflection:

ACTIVITY ONE

Meal Three:

One-Hour Reflection:

Meal Four:

One-Hour Reflection:

Meal Five:

One-Hour Reflection:

ACTIVITY ONE

Morning reflections: How does your body feel when you wake up each morning?

DAY ONE:

DAY TWO:

DAY THREE:

DAY FOUR:

DAY FIVE:

DAY SIX:

DAY SEVEN:

How many bowel movements do you have for each of the days? Soft, normal or hard?

DAY ONE:

DAY TWO:

DAY THREE:

DAY FOUR:

DAY FIVE:

DAY SIX:

DAY SEVEN:

Are you finding any particular foods are causing your discomfort or triggering your body?

ACTIVITY ONE

Aim to tick off as many of these colours (naturally) in your food each day:



ACTIVITY TWO

1. It's time to put your creative skills to work and DIY your own brand new recipe!!

Pick your side: SWEET vs SAVOURY

If you are creating something sweet, I challenge you to create a sweet slice or bar! Here is a list of ingredients you can choose from (feel free to add your own): dates, nuts, seeds, goji berries, dried figs/apricots/mulberries, activated buckwheat, oats, sultanas, cinnamon, cardamon, all spice, ginger, berries, cacao powder, coconut, maple syrup, and whatever other ingredients you desire!!

If you are creating something savoury, I challenge you to create a soup or salad! You cannot get this wrong! Use my recipes as guides and replace with your own favourite ingredients. My soups and salads have become so famous among my friends that I create little recipe cards to hand out now - and I wish the same for you!

Start planning below and get cooking good looking!

ACTIVITY THREE

Cooking is fun! Let it be fun! I'm so proud that you got to work creating your own recipe, now let's step it up a notch and I want you to choose one recipe from my meal plan (that involves some sort of cooking - so not raw), and schedule it in for one day this week!

Up for a mega challenge? See if you can make it budget friendly! Try and buy everything you need for under \$20 (note that you will have leftover ingredients to make other dishes!)

MEAL YOU ARE MAKING:

Write your shopping list below:

ACTIVITY FOUR

1. More mindset work this week!

Repeat the following affirmations (or whichever resonate with you)(and feel free to create your own) as often as you feel you need to (I recommend 2-3 times per day):

Food fuels me.
Food nourishes me.
I am alive and healthy.
I am thriving.
I honour and respect my body.
I love the way I feel.
I love connecting with food.
I appreciate how each ingredient serves a purpose.
I am full of vitality.
My body is getting stronger and healthier everyday.
All my cells know what to do in order to heal.
Every single one of my cells is filled with wellness, health and vitality.
I am the reflection of positive energy and well-being.
I am strong.
I am filled with energy.
Everything I eat and drink heals me.
I love myself fully.
My vessel is sacred.
I am a magnet for health.
I heal in my sleep.
My body is always well balanced.
I am grateful to have the chance to heal.
I trust my body.
I listen to my body.
I love drinking water.
I love eating plant-based nourishing food.
I choose health, happiness and healing for myself and others.
I treat my body and my mind with love and respect.
I sleep soundly.
I am good to my body and my body is good to me.
I take time to relax and rejuvenate.
I breathe deeply to oxygenate my cells.
I love and accept my body completely.
I maintain good posture in all my movements.
I am in perfect health.
I let go of all negativity that rests in my body and allow well-being to flow through me.

MORE CREATIVE SPACE

OUR FOOD SHOULD BE OUR MEDICINE AND OUR
MEDICINE SHOULD BE OUR FOOD

HIPPOCRATES

