

## THE WEEKLY WELLNESS PLAN GOALS

	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
<b>1 cup of leafy greens per day</b>							
<b>Half cup of cruciferous vegetables per day</b> (arugula, broccoli, brussels sprouts, cabbage, cauliflower, collards, kale, radishes, watercress)							
<b>Half cup of other colorful vegetables per day</b>							
<b>Half cup of berries per day</b>							
<b>1 serving of other fruits per day</b>							
<b>1 serving of spices per day</b> (1/4 teaspoon)							
<b>1 serving of healthy fats</b> (nuts, nut butters, seeds, avocado, flax, chia)							
<b>1 serving of beans or lentils</b>							
<b>1 serving of activity</b>							
<b>1 serving of stress relief</b>							
<b>1 serving of quality sleep</b>							