

JESSICA DONOVAN

Balanced Family Eating and Dealing with Fussiness!

A well-balanced plate of food:

How much protein on your plate?

How much veggies?

How much fat?

Starchy carbs—what are some examples and how much for kids?

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Name some different NATURAL colours you could easily add to your plate:

1.	
2.	
3.	
4.	

How could you approach breakfast differently?

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What are your children learning while watching your eating habits? Reflect on this a little:

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What are physiological reasons for fussiness?

1.	
2.	
3.	
4.	

Small steps to overcoming fussy eating:

1.	
2.	
3.	
4.	

Tips on dealing with YOUR anxiety about the food your family eat:

1.	
2.	

What are signs and symptoms of deficiency?

1.	
2.	
3.	
4.	
5.	

Supplements—which are the preferred brands?

How can you help your children recover after a blow-out?

1.	
2.	
3.	
4.	

QUICK NOTE FROM ME: Pat yourself on the freaking back for being a part of this program - and watching this interview. It's impossible to implement all changes, it's impossible to hold yourself to the standards of other people who have been doing this longer than you.

It's SO IMPORTANT to love yourself like crazy and be proud of each and every small step on your unique path to improving the health of your precious family xx