

Transforming Your Family's Plate



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1. FIND CLARITY. GET DIRECTION.



2. START.



3. LISTEN TO YOUR PEOPLE.



4. LIVE OUT THE 80/20 RULE OR THE 90/10 .



5. GET THEM INVOLVED AND EDUCATE THEM.



6. KEEP IT SIMPLE. MEAL PREP. BATCH COOK.



7. LOOK AT YOUR PLATE. ADAPT IT.



8. GET CREATIVE.



9. BE PREPARED.



10. FIND YOUR PEOPLE.





Questions

WHAT DO YOU FEEL GOD IS CALLING YOU TOWARDS?

WHAT RESONATED MOST FROM TONIGHT'S SESSION?

WHAT IS THE ONE THING YOU CAN COMMIT TO CHANGING?
