



DEFINING MY

Kitchen Convictions

A WORKING LIST
OF THOUGHTS
AND GOALS



What foods don't make me feel good physically or mentally?

What foods make me feel great?



What am I eating that I know is bad for me?

Fruits & Vegetables I eat most often

Dirty Dozen (buy organic)



Clean Fifteen (I'm okay!)





List of my favorite recipes

Processed ingredients I could make myself

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What would I like to raise/grow myself this year?

Blank space for writing answers to the question above.

Source Locally (local farms, farmers market, etc.)

Blank space for writing answers to the question above.

Priorities: Where do I want to start first?

1.

2.

3.

Notes:

