

MICRONUTRIENT WORKSHEET

For Metabolism Reset Course in P2 OnDemand

Day of the Week	Micronutrients that are 85% or less	2-3 foods <i>you enjoy</i> that contain each low micronutrient
Sunday		
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
EXAMPLE	Vitamin E Copper Potassium Iron	Vitamin E: almonds, peanuts, sunflower seeds Copper: grains, beans, nuts Potassium: banana, orange, sweet potato Iron: ground beef, spinach, ground beef

