

Agenda for April 24th

(Below are the topics we will be discussing at the first meeting of the Plant Based Paleo Support Group. You might wish to print this out and bring it with you to make notes on. We will be making and eating several different recipes as well.)

Nutrient density vs caloric density: The big picture and how understanding it can simplify the entire dietary choice conundrum. H=N/C

Three supplements everyone needs to know about, no matter what diet they follow.

Two easy things you can start doing right now, that are likely to improve your blood sugar, and don't require you to give anything up.

Beans and grains...what does the science say? Should you include them or avoid them?

Breakfast ideas you can use right now.

Five simple things to do this week to optimize your diet and inspire you.