

Real Food Nutrition & Health Study Schedule

Week of	Chapter	Read	Discuss	Activity
Aug 23, 2010	Chapter 1 — Food, Not Nutrients	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Aug 30, 2010	Chapter 2 — What Traditional Food Cultures Can Teach Us	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sep 6, 2010	Chapter 3 — Healthy Fats & Oils	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sep 13, 2010	Chapter 4 — Healthy Meat, Seafood & Dairy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sep 20, 2010	Chapter 5 — Healthy Vegetables & Fruits	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sep 27, 2010	Chapter 6 — Living Foods & Superfoods	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Oct 18, 2010	Chapter 7 — Grains & Legumes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Oct 25, 2010	Chapter 8 — Bone Broths	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Nov 1, 2010	Chapter 9 — Sweeteners	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Nov 8, 2010	Chapter 10 — The Keys to Health	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Nov 15, 2010	Chapter 11 — Real Food for Real Life	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Nov 22, 2010	Wrapping Up		<input type="checkbox"/>	<input type="checkbox"/>

This is a suggested week-by-week schedule for working through “[Real Food Nutrition & Health](#)” by Kristen Michaelis. Check off as you read, discuss, and complete activities for each chapter.

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