
Moving Tea Time: Two Weeks

Three small changes for iron (Chapter 6). Tick each evening.

Day	Tea or coffee between meals	Vitamin C at two meals	Beans soaked before cooking
1	☐	☐	☐
2	☐	☐	☐
3	☐	☐	☐
4	☐	☐	☐
5	☐	☐	☐
6	☐	☐	☐
7	☐	☐	☐
8	☐	☐	☐
9	☐	☐	☐
10	☐	☐	☐
11	☐	☐	☐
12	☐	☐	☐
13	☐	☐	☐
14	☐	☐	☐

My new tea time: _____ The easiest vitamin C food for me: _____