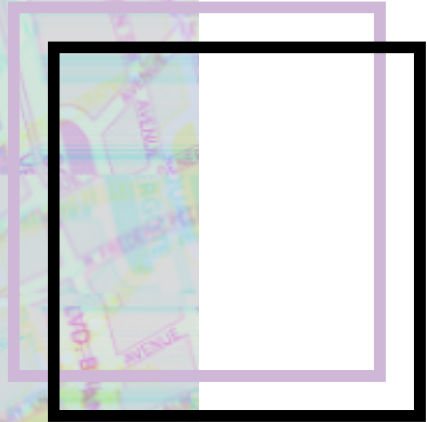

FAT

Make your own TV dinner by adding to this episode any, or a combination, of these:
fat cheese, avocado,
fatty fish, dark
chocolate, nuts, e v
olive oil, coconut or
coconut oil, fat yogurt



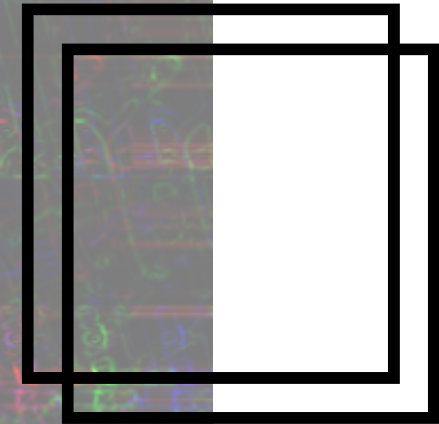
European TV
Dinner

**EATING TO
CONNECT
BODIES WITH
THEMSELVES**



CARBOHYDRATE

Make your own TV dinner by adding to this episode any, or a combination, of these:
fruit, fruitjuice, bread,
ricecereals,
potatoes,corn, cookies



European TV
Dinner

**EATING TO
CONNECT
BODIES WITH
OTHER
BODIES**



PROTEIN

Make your own TV dinner by adding to this episode any, or a combination, of these: lean meat, eggs, Greek yoghurt, cottage cheese, soy products, quinoa, nuts and seeds, legumineuses and beans



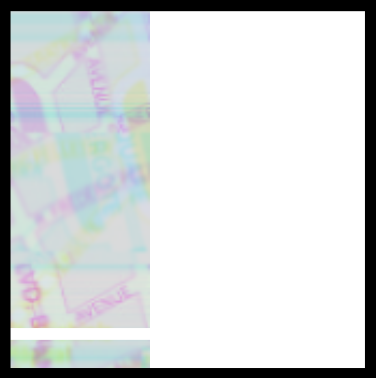
European TV Dinner

**EATING TO
CONNECT
BODIES WITH
POWER**



ALCOHOL

Make your own TV
dinner by adding to this
episode any, or a
combination, of these:
ripe bananas, ripe
pears, sweet fruit
yoghurt, white wine
vinegar, apple juice,
orange juice



European TV
Dinner

**EATING TO
CONNECT
BODIES WITH
KNOWLEDGE**

