

How to Get the Most out of The Good Mood Diet Program

There are 3 main parts to the Good Mood Diet program:

1. Learning Modules & tutorials
2. Menu plans and recipes
3. Members Hub and community

The way you interact with each of these parts will depend on your existing gut-health knowledge and lifestyle and whether you like to take a structured approach or a more flexible approach to learning.

Structured Approach

If you choose the structured approach, simply follow the modules and tutorials through step by step to learn all about gut health and how it can affect your mental health; and follow the menu plans and recipes starting at week one.

By the time you get to week 4, you will be an expert on good mood meal planning, and can carry on in a more flexible way, incorporating some of our recipes with your own.

Flexible Approach

If you choose the flexible approach, you can identify the modules and tutorials you need to build on your knowledge and create your own weekly menu plan with recipes from our extensive recipe bank.

We have included 'blank templates' for a weekly menu plan and shopping list to help you tailor your own approach.

Recommended

Whichever approach you take I would definitely recommend reviewing the FAQ's in Module 2 to learn the [12 Good Mood Rules to Live By](#) and the [Good Mood Plate Model](#). These will help you to know how to eat well, no matter how busy you get and no matter where you are eating.

Extra

You can also supplement your knowledge and wellbeing with resources like e-books, factsheets and meditations from the Members Hub and log-into the closed FB community for support from our dietitians and each other.

Remember, this is an approach to eating that you can sustain for life. There is no race to the end. Be kind to yourself and take it at your own pace.

Here are our top tips to get started:

1. Look ahead at your week to identify any pre-booked breakfast, lunch or dinner engagements. Mark them on your menu plan to help in planning your shopping list.
2. Identify which meals and snacks you are going to pre-prepare in your 'hour of power' on the weekend.
3. Identify days where you are likely to be more active and assess your food requirements compared to the plan.
4. Prioritise your nutrition and prioritise plants - they are key to the length and quality of life you will lead.
5. Don't forget to check your 'pantry staples' regularly. Keeping them topped-up will allow you to create something from nothing.

Tips and Tricks to Boost your Good Mood Nutrition

- Buy 'in season' food, not only is it higher in nutrition as it has likely travelled less food miles, but it is often cheaper too!
- Add fermented foods to your diet every day e.g. yoghurt, sauerkraut, kimchi, kefir, miso, kombucha, sour dough bread, green tea.
- Carry 'Good Mood Snacks' with you always. You never know when you will be caught out and left with limited processed food choices e.g. bliss balls, fruit, [Seven Seeds BarleyPlus Muesli Bar](#), veggie sticks.
- Carry water with you always.
- Breathe deeply often, every day.