



Self-Care Menu: Entrees

This menu is for days when you know you've got lots of energy and motivation, or you need a large serving of self-care. These dishes are going to be bigger, so make sure to keep your hunger/capacity in mind.

Savory: Acts of Daily Living/Necessary Tasks

-
-
-
-
-
-
-

Sweet: Self-Care/Restorative and Restful Activities

-
-
-
-
-
-
-