

# What to do when you are experiencing palate fatigue?

Palate fatigue: Disliking or having an aversion to specific foods or meals due to over consumption. When you have palate fatigue you no longer want to eat foods you previously liked, you are “bored” of the food.

1. Identify what you are fatigued with meat, fish eggs, vegetables or starches.
2. Email us at PHC.
3. We will email you back a suggestion of a recipe to try.

## Ways to prevent palate fatigue:

1. Try 1 new recipe weekly.
2. Always change your spices.
3. Always try and make weekly rotation of food items. (week 1: chicken, beef, salmon | week 2: turkey, lamb, cod)
4. Buy new kitchen equipment (air fryer, zoodler or instant pot).
5. Try using the meal prep service to help break you through a slump.
6. Eat with the seasons, naturally rotates food every few months.

