Gentle Nourishment Guide

SMALL SUPPORTIVE REMINDERS FOR NOURISHMENT, BALANCE, AND WELLBEING

Nourishment doesn't need to be perfect to be supportive. Small, consistent steps can help build energy, balance, and a more compassionate relationship with food and self-care.



Gentle Reminders

- Consistency matters more than perfection.
- Nourishment can support both body and mind.
- Balanced meals can help support energy and satisfaction.
- Small habits can create meaningful change over time.
- Flexibility is part of sustainable wellness.

Daily Nourishment Support

GENTLE SUPPORT THROUGHOUT YOUR DAY

Hydration	Breakfast	Lunch	Dinner	Snacks	Rest	Movement	Self Check-In
Sip throughout the day	Start with something nourishing	Aim for balance and variety	Include what satisfies and nourishes	Choose what supports your energy	Rest is productive and necessary	Move in ways that feel good	Pause and honor your needs

Building Balanced Meals

A SIMPLE GUIDE



PROTEIN
Helps support energy and satisfaction

CARBOHYDRATES
Provide energy for your body and mind

FIBER & COLOR
Support fullness, digestion, and overall health

SATISFACTION
Include foods you enjoy

There is no one perfect plate. Balance looks different for everyone.

Mind–Body Check-In

PAUSE. REFLECT. REALIGN.

- How is my energy today?
- What would feel supportive right now?
- Have I paused to nourish myself today?
- What small step can I take today?

Wellness is not built through perfection, but through supportive habits practiced with *compassion and flexibility.*

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