

A photograph of a kitchen scene. In the foreground, a white ceramic pot sits on a black stovetop. A wooden spoon is inside the pot. To the left, another white pot is visible. In the background, a wooden cutting board leans against a wall, and a green plant with large leaves is visible. The lighting is warm and soft, creating a cozy atmosphere.

Nutrition &
Wellness
Reminders



Nutrition & Wellness Reminders

*Remember, there is no rush. Pick just **one** item to work on at a time, and take it easy. Small and gradual improvements in health and wellness are what pay off the most in the end.*

Compassion

Look in the mirror and say "I love you" as often as possible.

What is my morning mantra? _____

Try to do things that express love and gratitude towards yourself.

Three examples of how I can do this are:

1. _____
2. _____
3. _____

Aim to eat foods that nourish both your cells and your soul; soul nourishing foods don't necessarily need to be "healthy".

Learn more about the importance of nourishing both the cells and the soul [here](#).

Keep it simple

Try to remind yourself that eating well is a matter of mindset.

Aim to find new and exciting ways to add veggies and fruits to your diet:

- Have them raw as a snack with a favourite dip
- Hide them in smoothies
- Load up a stir-fry
- Blend them into soups
- Add the rainbow to salads
- Bake them into casseroles
- Chunk up pasta sauces
- Fill up stews
- Top desserts
- Layer into parfaits

Three ways some of these whole food ingredients can be added to my current routine:



Find balance

Aim to reduce time spent online. Allow yourself take a digital time-out and remind yourself that social media is generally skewed. Aim to designate times of the day to log in. Honour what feels right to you.

80/20 Rule (or your variation): eat wholesome foods 80% of the time, and allow for treats and indulgences about 20% of the time.

Try to avoid diets, cleanses, fasts, or focusing on numbers (ex: the scale or calorie counting). These things can negatively impact your relationship with food.

Is there one way in which I'm being too strict on myself?

How I can change this mindset to welcome more balance:

Eat with others

Eat with others as often as possible. It can make meal times much more enjoyable!

If it's not possible, try to enjoy your meals mindfully, for instance, by turning off any screens (ex: TV, computer, phone).

One way I can enjoy meals with others:

One way I can enjoy meals more mindfully on my own:

Eat more fruit

Tip #1: wash and slice up fruits in the morning, it'll make it easier to pick a snack during the day.

Tip #2: keep fruit within eyesight, such as on your desk or in a fruit bowl on your table,. You'll be more inclined to reach for a piece when a snack-attack hits.

Is there one thing I can do to increase my fruit intake?

One fruit I used to enjoy and could re-introduce to meals/snacks:



Meal prep

Need some inspiration? Watch [this](#) video.

A little prep can go a long way to save time and money. Batch make these ingredients if you have time:

- Grains (e.g. rice, quinoa, pasta, [granola](#))
- Veggies (e.g. slice them up so their ready to add to meals or ready to enjoy as a snack)
- Hummus (e.g. a simple [classic hummus](#) or [roasted red pepper hummus](#))

Day of the week I can routinely prepare a few ingredients: _____

Three ingredients/recipes that are easy to batch make:

1. _____
2. _____
3. _____

Say could

Catch yourself saying the word “should” and try switching to “could” (e.g. I could eat fruit as a snack). This makes it more of an option and less of a demand.

Three times I caught myself saying or thinking “should” in the last week, and how I changed it:

1. _____
2. _____
3. _____

Eat regularly

Try to have a snack with you if you know you’ll be going a while without eating; this will help to:

- boost your mood and energy
- will ensure you don’t make poor food choices (e.g. reaching for convenience foods) because you’re so hungry
- will ensure you don’t over-eat later when you finally have a meal

Common instances when I notice I go a long time without eating:

Two snacks can be prepared in advance to take with me:

1. _____
2. _____



Talk about it

If you're emotional, talk to someone. It's okay to eat when you're sad, but don't eat because you're sad; it won't help you to feel better.

The person I will designate as my support person: _____

Improve the poops

Ever notice that constipation can really affect your mood? Aim to increase your fibre and probiotic intake from whole foods to help keep things running smoothly.

What fibre or probiotic rich foods I can introduce to my diet?

Exercise helps to stimulate the bowels. Try to move that body, even if it's just for a short walk.

What is one way I can add activity to my daily schedule?

Drink more fluids

Try to carry a small water bottle with you throughout the day.

Don't forget that fluids can also be counted from things like smoothies, soups, plant-milks, tea, decaffeinated coffee, etc.

Two ways I can try to increase my fluid intake:

1. _____
2. _____

Spice up your life

Life is too short for bland food. Does spice make you nervous? Practice makes perfect! Try new spices and vary the combinations.

For a list of spices, check out [this grocery shopping list](#).

Two new spices I've never tried before but I'm excited to experiment with:

Stay strong

When you decide to become more plant-based it can be really overwhelming. Stay strong and know you'll learn more about it in time.

Reading books, like [Becoming Vegan](#), can help your understanding of the benefits of a plant-based lifestyle. They can also provide motivation and inspiration!



My reason(s) for becoming more plant-based:

Create a vision board

A vision board on health and wellness will help you envision and manifest the life you want to live. No need to make it perfect; you can sketch/draw this, or use magazine cut-out, or create a [Pinterest](#) board.

Acknowledge your accomplishments

This may seem like a lot of tips, but : we're in no rush. Take your time with the process and most importantly: acknowledge the accomplishments. It's not about perfection... it's about making progress. Slow and steady progress that leads to lasting change.