Nutrition & Wellness Reminders

» Remember, we’re in 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. I’m proud of you. «

☐ 1) Compassion

- Look in the mirror and say “I love you” as often as possible. Seriously, no reason to feel silly when doing it. It’s YOU after all!
- Create your own morning mantra: __________________________________________________________
- Do things that express love and gratitude towards yourself. Three examples of how you can do this are:
  1. _____________________________________________________________________________________
  2. _____________________________________________________________________________________
  3. _____________________________________________________________________________________
- Eat foods that nourish your cells and foods that nourish 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.

☐ 2) Keep it Simple

- Remind yourself that eating well can be easy. It’s all a matter of mindset.
- Let’s uncomplicate it together by adding more of these basic foods to meals and snacks:
  ✓ Add more veggies (snacks + dips, smoothies, stir-fry, soups, salads, casseroles, pasta sauces, stews, etc.)
  ✓ Add more fruits (snacks, desserts, smoothies, salads, parfaits, etc.)
  ✓ Add more grains (oats, brown rice, quinoa, brown pasta, whole grain bread, barley, buckwheat, bulgur, millet, popcorn, etc.)
  ✓ Add more legumes (lentils, beans, peas, soy products, etc.)
  ✓ Add more nuts and seeds (pumpkin, sunflower, flax, chia, hemp, walnut, pecan, almond, cashew, pine, Brazil, etc.)
  ✓ Add more plant-based dairy alternatives (plant milks and yogurts, etc.)
- Three ways I can add more of these whole food ingredients to my current eating routine:
  1. _____________________________________________________________________________________
  2. _____________________________________________________________________________________
  3. _____________________________________________________________________________________

☐ 3) Find Balance

- Reduce time spent on social media. Take time away and remind yourself the information is usually skewed. Designate times of the day to use it, and avoid it where possible outside of these times. Honour what feels right to you above all.
- 80/20 Rule (or your variation): eat wholesome foods 80% of the time, and allow for treats and indulgences about 20% of the time. Read more about nourishing the cells and the soul here.
- Avoid diets, cleanses, fasts, or focusing on numbers (ex: the scale or calorie counting). These things can negatively impact your relationship with food.
- One way in which I’m being too strict on myself: _____________________________________________________________________________
- How I can change this mindset to welcome more balance: _________________________________________________________________________
4) Eat with Others

- Eat with others as often as possible. It'll make meal times so much more enjoyable!
- If it’s not possible, try to enjoy your meals mindfully 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: _________________________________

5) Eat More Fruit

- With so many varieties, there are no shortages of places to start.
- Tip #1: wash and slice up the fruits in the morning so it’s easy to snack throughout the day.
- Tip #2: keep fruit within eyesight such as on your desk or in a fruit bowl on your table, so your more inclined to reach for it.
- One way I can increase my fruit intake: _____________________________________________
- One fruit I used to enjoy and could re-introduce to meals/snacks: _______________________

6) Meal Prep

- Need some inspiration? Watch this video.
- A little prep goes a long way. To save money and time spent in the kitchen throughout the week, 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 I can batch make:
  1. ________________________________________________________________
  2. ________________________________________________________________
  3. ________________________________________________________________

7) Say Could

- Catch yourself saying the word “should” and always switch it 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. ________________________________________________________________

8) Eat Regularly

- 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
- Two snacks I can prepare in advance to take with me:
  1. ________________________________________________________________
  2. ________________________________________________________________
9) 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: ________________________________

10) Improve the Poops
   ▶ Increase the fiber and probiotic intake from whole foods; examples of what I can introduce: ________________________________
   ▶ Increase the fluid intake; I can do this by: ________________________________
   ▶ Move that body, even if for a short walk; one way I can increase activity: ________________________________

11) Drink More Fluids
   ▶ Carry a small water bottle with you at all times, like this one.
   ▶ You can also get fluids from things like: smoothies, soups, plant milks, tea, decaffeinated coffee, etc.
   ▶ Two concrete ways I can increase my fluid intake:
     1. ________________________________
     2. ________________________________

12) Spice Up Your Life
   ▶ Practice makes perfect! Get started on trying new spices and varying the combinations.
   ▶ For a list of spices I recommend, get this grocery shopping list.
   ▶ Two new spices I’ve never tried before I will start to experiment with: ________________________________

13) Stay Strong
   ▶ When you decide to become more plant-based, stay strong and know you’ll learn more about it in time.
   ▶ Reading books like Becoming Vegan can help to increase your understanding of the benefits of a plant-based lifestyle.
   ▶ Know the reason why you chose to become more plant-based: ________________________________

14) 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.

15) Acknowledge your Accomplishments
   ▶ This may seem like a lot of tips, but again: 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.

*add your own personalized Notes here: