Energy, Balanced Eating & Gentle Nutrition

Stability without tracking. Support without rules.

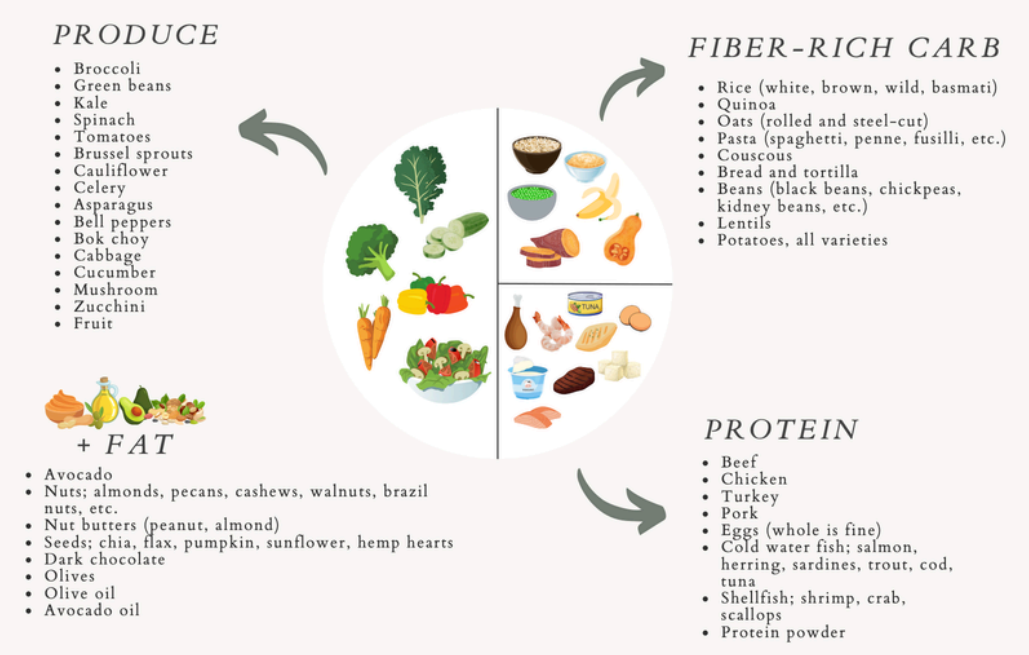
What Gentle Nutrition Actually Means

Gentle nutrition means learning how food supports your body without turning it into math, punishment, or perfection.

- No macro tracking required
- No food morality
- No “earning” or “compensating”
- We focus on patterns, not single meals

The Balanced Plate Framework

Protein → steadiness, repair, fullness
Carbohydrates → energy + brain fuel
Fat → satisfaction + absorption
Fiber → digestion + steadiness
Color → micronutrients + variety



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The Add-In Method

Instead of: “I shouldn’t eat that.”
Try: “What could I add to make this more supportive?”

Examples:
Toast → add eggs
Pasta → add chicken + olive oil + spinach
Yogurt → add berries + nuts
Chips → add a protein alongside

Blood Sugar & Energy

- Don’t skip protein
- Eat before extreme hunger
- Combine carbs with fat/protein
- Eat consistently

Your Gentle Nutrition Template - Fill-in section:

- My breakfast anchor:_____
- My go-to snack:_____
- My easiest 10-minute meal:_____
- My supportive add-in this month:_____