

A gentle January nutrition checklist



FOUNDATIONS (FOCUS ON ADDING NOT RESTRICTING)

- ☐ I aim to eat regular meals most days, even when I am busy
- ☐ I include at least one piece of fruit or vegetable with every meal
- ☐ I drink enough fluids to feel alert and hydrated
- ☐ I include protein and fibre with each meal to help me feel energised and full



ROUTINE AND PLANNING

- ☐ I plan 2-4 meals per week in advance
- ☐ I keep simple, familiar ingredients for low-energy days
- ☐ I allow flexibility for social plans, tired days and changes
- ☐ I prepare or batch-cook when it feels supportive and not compulsory
- ☐ My shopping list prioritises nourishment



MINDSET & EMOTIONS

- ☐ I notice hunger and fullness cues without judgement
- ☐ I avoid assigning "good" or "bad" labels to food.
- ☐ I recognise if my mood is affecting my food choices
- ☐ I have non-food coping options available (rest, movement, support)
- ☐ I remind myself that one meal or day doesn't define my health



WINTER SPECIFIC KINDNESS

- ☐ I prioritise warm, nourishing meals
- ☐ I acknowledge that some days I will have lower energy levels than others
- ☐ I focus on what feels supportive, not what looks perfect



REFLECTION

- ☐ What's feeling easier right now?
- ☐ What's feeling hard, and why?
- ☐ Are there any adjustments that might help me next week?