

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?