

# First Bite

Starter guide to  
food freedom



No diets.  
No gimmicks.  
Just the facts.

Welcome to the first step toward learning how to nourish your body and mind. The following is a beginner guide to a non-diet approach to nutrition - use this to start learning how to reconnect with your body, improve your relationship with food, and find peace and clarity with nutrition.

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## Tips For Success

### Build a balanced plate

Aim for a combination of protein, healthy fats, fiber-rich carbohydrates, and colorful vegetables at every meal. A balanced plate helps regulate blood sugar, supports digestion, and keeps you full and satisfied.

### Listen to your body

Hunger and fullness cues are powerful indicators of what your body needs. Eat when you're hungry and stop when you're comfortably full.

### Focus on gut health

Prioritizing gut-friendly foods like fermented foods (yogurt, kimchi, kefir) and fiber-rich foods (oats, flaxseeds, vegetables) can promote better digestion. If certain foods trigger symptoms, keeping a food journal can help identify patterns.

### Mindful eating manners

Slow down, chew your food thoroughly, and savor each bite. Avoid distractions like screens to enhance digestion and satisfaction.

### Hydration is key

Drink plenty of water throughout the day to aid digestion, support metabolism, and prevent dehydration. Herbal teas and infused waters are great alternatives if you need variety.

### Gentle, sustainable changes

Focus on small, realistic changes like increasing fiber intake, managing stress, and incorporating movement you enjoy rather than trying to make extreme changes.



## Easy & Nourishing Recipes



# Gut-Friendly Smoothie

## Ingredients

- 1 cup unsweetened almond milk
- 1/2 banana
- 1/2 cup frozen blueberries
- 1 tablespoon flaxseeds
- 1/4 cup Greek yogurt (or dairy-free alternative)
- 1 teaspoon honey (optional)
- 1/2 teaspoon ground ginger

## Directions

1. Blend all ingredients until smooth. Enjoy as a quick breakfast or snack!

## Notes

1. Add protein powder for a more complete meal!

# Easy & Nourishing Recipes



## Balanced Power Bowl

### Ingredients

- 1 cup cooked quinoa or brown rice
- 1 cup roasted sweet potatoes
- 1 cup steamed kale or spinach
- 1/2 cup chickpeas or grilled chicken
- 2 tablespoons salad dressing of your choice.
- 2 tablespoons pumpkin seeds
- 1/2 avocado, sliced
- 1 boiled egg, sliced

### Directions

1. Assemble all ingredients in a bowl, drizzle with dressing, and enjoy!

### Notes

1. Add any other veggies you may have on hand at home - you can never have too many veggies!

# Easy & Nourishing Recipes



## Satisfying Overnight Oats

### Ingredients

- 1 cup rolled oats
- 1 cup unsweetened almond milk
- 1/2 cup Greek yogurt
- 1/2 teaspoon cinnamon
- 1 tablespoon chia seeds
- 1 banana, sliced
- 1 tablespoon almond butter
- 1/4 cup chopped nuts (walnuts, almonds, or pecans)

### Directions

1. Mix all ingredients in a jar and refrigerate overnight.

### Notes

1. Top with additional nuts or berries before eating.

# Final Thoughts

Nutrition is deeply personal, and there is no one-size-fits-all approach. Start with small changes, stay consistent, and be kind to yourself throughout the process. If you need personalized guidance, consider working with me one-on-one. Together we work to cultivate peace with food and your body in a way that supports to long lasting happiness and health.

**You deserve to feel nourished and empowered in your body!**

[Click here](#) to schedule a free consultation so that we can discuss your needs.