



NOURISH O

— EVERYDAY NOURISHMENT —



Everyday Nourishment

Simple food, natural ingredients
and everyday practices for a
more nourishing life.



Make Sense Logic

CORE GUIDE • 01



Nourish O

— EVERYDAY NOURISHMENT —

First Edition

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This guide is designed for education, reflection and everyday wellbeing. It does not diagnose, treat or prescribe for medical conditions and is not a replacement for individual medical or nutritional advice. Food needs can vary considerably from person to person. If you are pregnant, managing a medical condition, taking medication, living with an eating disorder, or considering a significant dietary or fasting change, seek appropriate professional guidance.

The Nourish O philosophy

Nourishment, not perfection.

Curiosity, not restriction.

Small choices, repeated gently.



Welcome

Welcome to Nourish O

SMALL CHOICES. BRIGHTER DAYS.

Food is part of everyday life. It can give us energy. It can bring people together. It can carry memories, traditions and stories from one generation to another. And yet eating well can sometimes feel unnecessarily complicated.

One person tells us to remove carbohydrates. Another tells us to eat more protein. Another tells us to fast. Another tells us we need a cupboard full of powders, tablets and expensive ingredients.

Nourish O begins somewhere simpler. Start with nourishment. Not perfection. Not punishment. Not fear.

Nourishment means learning how to build everyday food choices that support you while still leaving room for enjoyment, culture, family, celebration and real life.

Throughout this book, we will explore simple foods, useful ingredients, practical recipes and everyday habits. You do not need to change everything at once. Choose what feels useful. Experiment. Notice how it fits into your life. Then build from there.



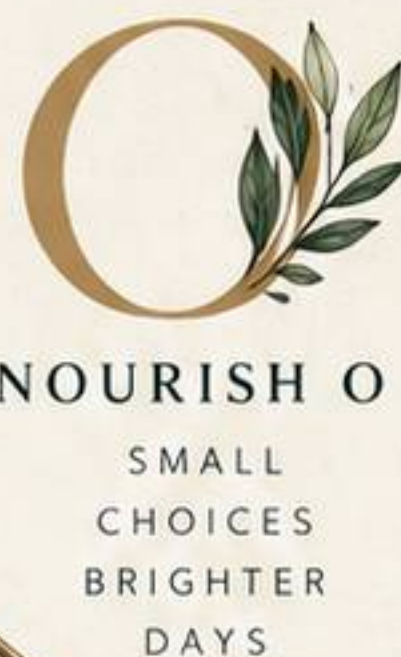
Nourish Note

“A nourishing life is rarely built by one perfect meal. It is built by many ordinary choices made with care.”



How to Use This Book

This book is not a set of strict rules. Think of it as a collection of ideas you can explore. You can read from beginning to end or move directly to the sections that are most useful to you. Throughout the book you will find five recurring features.



1.



Nourish Note

A small thought to carry with you. Something simple enough to remember after you close the book.

Small moments make a happier you.



2.



Ingredient Spotlight

A closer look at an everyday food, herb, spice or ingredient. You will learn: what it is, how it is commonly used, simple ways to use it, important considerations.



3.



Try This

A tiny practical action. No complicated programme. Just something you can experiment with today.



Simple actions create real change.

4.



Make It Yours

Food is personal. These sections help you change recipes or ideas according to your tastes, culture, budget and routine.



Same ideas. Different people. Your way.

5.



Your Nourish O

Short activities, trackers and reflections that help turn information into something useful in your own life.



Reflect. Make small choices. Create a brighter you.

“

*You do not have to complete every activity.
Take what helps. Leave what does not. Come back when you need it.*

”





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SIMPLE CHOICES. A BRIGHTER YOU.

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What Does Nourishment Mean?

MORE THAN FOOD. A KINDER WAY OF LIVING.

We often talk about food using numbers. Calories. Grams. Portions. Percentages. These can sometimes be useful. But food is more than mathematics. Nourishment asks a wider question: What is this food giving me? It might provide protein. Fibre. Carbohydrates. Fat. Vitamins and minerals. But nourishment can also mean something less measurable. A warm meal after a difficult day. Soup made using a family recipe. Fruit picked during summer. Rice shared around a table. Tea made for somebody you love. Food has a nutritional role, but it also lives inside our routines, relationships and cultures. Nourish O does not ask you to separate those things. Instead, we want to bring them back together.



FOOD

Fuel that supports and satisfies.



REST

Space to recharge and feel grounded.



MOVEMENT

Ways to feel good in your body.



CONNECTION

People, nature and moments that lift you.

“

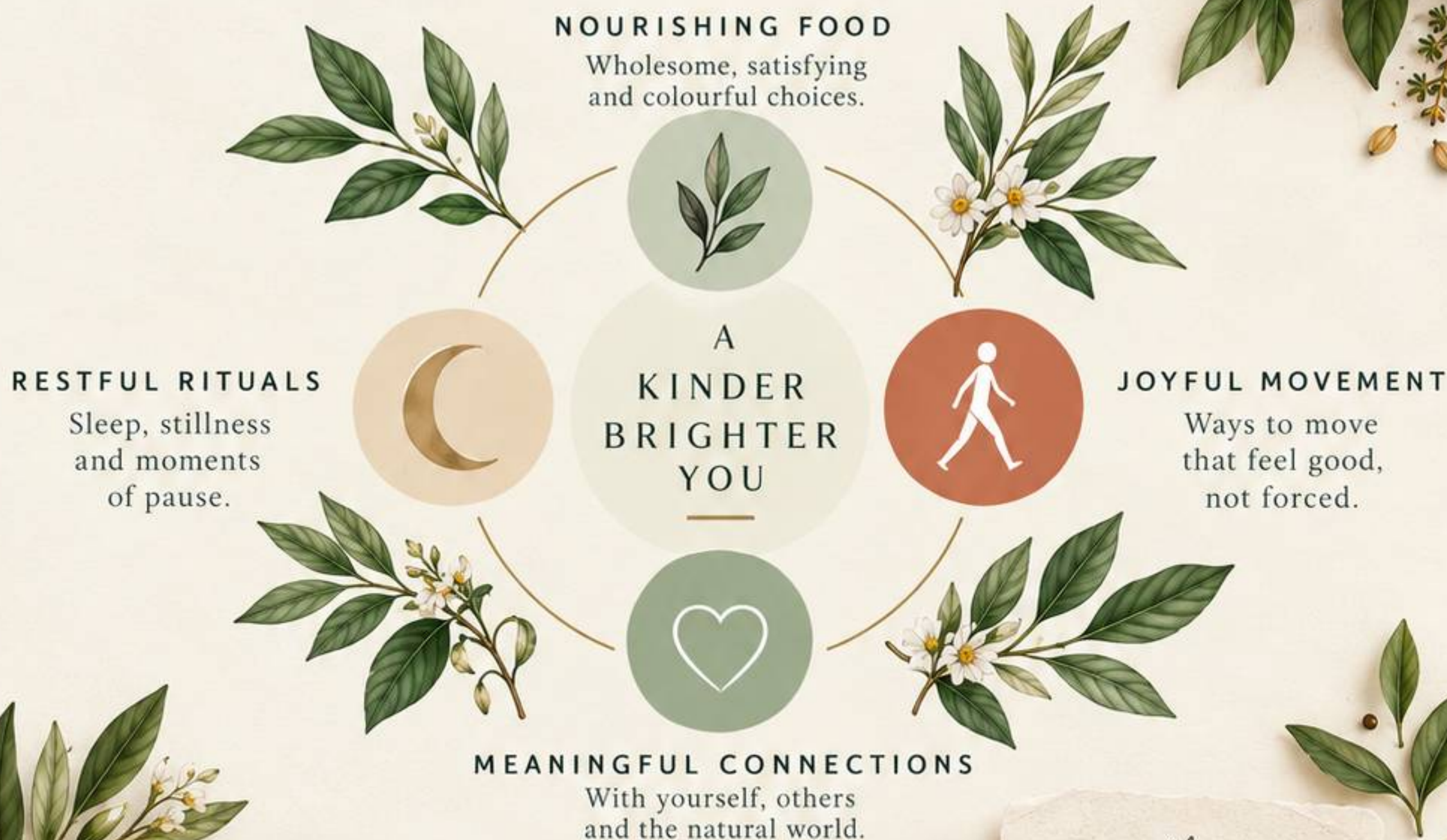
Nourishment is not a one-time act, but a collection of gentle, everyday choices that tell you — you matter.

Nourishment Is a Pattern

IT'S NOT A DIET. IT'S A RHYTHM.

One meal does not define how you eat. Neither does one slice of cake. One takeaway. One salad. One unusually busy day. It is the overall pattern that matters most. That means you can stop trying to make every meal perfect. Instead, begin asking simpler questions. Is there something nourishing here? Is there some protein? Have I included a plant? Will this meal keep me going? Am I actually enjoying it? What could I add rather than constantly asking what I should remove?

That final question is especially useful. Sometimes better nourishment begins with adding. Add vegetables. Add beans. Add seeds. Add fruit. Add water. Add colour. Add something freshly prepared. Add variety. You do not always need to begin by taking food away.



Try This

At your next meal, do not change anything immediately. Look at your plate. Ask: What could I add that would make this meal a little more nourishing? Start there.

Small habits create a brighter tomorrow.

Nourish Note

A MOMENT FOR YOU.



REFLECT
NOURISH
GROW

Take a few quiet minutes to reflect. Use the prompts below to explore what nourishment means to you right now.

There are no right or wrong answers — just a chance to check in, be honest, and set a kind intention.



1.

What does nourishment look like for me at this stage of my life?



2.

Which areas of my life feel most nourishing right now? What could use a little more care and attention?



3.

What is one small, kind choice I can make this week to feel a little more nourished?

“

*Nourishment begins
when you listen to what you need
and honour it with kindness.*



Build Your Everyday Plate

A SIMPLE WAY TO THINK ABOUT BALANCE.

Healthy eating does not need to begin with counting every gram. A more helpful place to start is the plate. Think of your meal in four simple building blocks: protein, plants and fibre, smart carbohydrates, and healthy fats. When you include a little of each, you create a meal that is satisfying, colourful and supportive for your energy, mood and long-term health. This is not a strict rule, but a gentle guide to help you feel more balanced, more nourished and more at ease with food.

1/2

Plants & Fibre

Fill half your plate with colourful vegetables, salad, leafy greens and fibre-rich foods. They add vitamins, minerals, antioxidants and help you feel full and satisfied.

1/4

Protein

Add a source of protein to help repair and build your body. This could be fish, eggs, chicken, beans, lentils, tofu or other plant-based options.

1/4

Smart Carbohydrates

Choose whole, less processed options such as oats, quinoa, brown rice, potatoes or wholegrain breads to give you steady energy.

Healthy Fats

Include a small amount of healthy fats to support your body and help you absorb key nutrients. Think olive oil, avocado, nuts, seeds or tahini.

“A balanced plate is not about perfection. It is about support.”

The Four Building Blocks

PROTEIN • PLANTS • CARBOHYDRATES • FATS



1.



Protein

Examples: eggs, fish, chicken, yogurt, beans, lentils, tofu.

Protein helps build satisfying meals and supports steady energy throughout the day.

2.



Plants & Fibre

Examples: vegetables, fruit, herbs, beans, whole grains.

Plants and fibre bring colour, variety and support healthy digestion.

3.



Smart Carbohydrates

Examples: oats, rice, potatoes, quinoa, fruit, wholegrain bread.

Smart carbohydrates provide accessible energy for your day, fueling your body and brain.

4.



Healthy Fats

Examples: nuts, seeds, avocado, olive oil, oily fish.

Healthy fats help meals feel more satisfying and support overall well-being.



*Not every meal needs every example.
Mix, match and make it yours.*



Simple Plate Ideas

BREAKFAST • LUNCH • DINNER

A nourishing plate does not need to be complicated. Here are three simple, balanced meal ideas to inspire your day. Each one includes protein, plants, carbohydrates and healthy fats to help you feel satisfied, energised and well.

1.



Breakfast Bowl

Greek yogurt or oats, berries, banana, seeds and nuts.

This bowl includes protein (from yogurt or oats), plants (from fruit and seeds), carbohydrates (from oats and banana) and healthy fats (from nuts and seeds).

2.



Lunch Plate

Chicken or chickpeas, colourful vegetables, rice or quinoa, olive oil or avocado.

This plate includes protein (from chicken or chickpeas), plants (from a variety of vegetables), carbohydrates (from rice or quinoa) and healthy fats (from olive oil or avocado).

3.



Dinner Plate

Salmon or beans, roasted vegetables, greens, potatoes or rice.

This plate includes protein (from salmon or beans), plants (from roasted vegetables and greens), carbohydrates (from potatoes or rice) and healthy fats (from olive oil and the salmon).



Make It Yours

Use these simple swaps to suit your preferences, needs and what you have on hand.



PLANT-BASED SWAP

Swap the animal protein for a plant-based option, such as chickpeas, lentils, tofu, tempeh or beans.



BUDGET-FRIENDLY SWAP

Use seasonal vegetables, frozen produce, tinned beans or eggs to make your plate nourishing and more budget-friendly.

Build Your Plate

YOUR NOURISH O WORKSHEET

Use this page to build one simple meal you enjoy. Start with a protein, add some colour, choose a satisfying carbohydrate, then finish with a healthy fat or topping.



MY PROTEIN



MY PLANTS
OR COLOUR



MY
CARBOHYDRATE



MY HEALTHY
FAT OR TOPPING



MY HERBS, FLAVOUR
OR FINISHING TOUCH



WHEN I COULD
ENJOY THIS MEAL



HOW I WANT THIS
MEAL TO MAKE
ME FEEL



“

*Simple meals can still be
deeply nourishing.*

Protein Made Simple

BUILDING SATISFYING MEALS

Protein helps make meals more satisfying, supports repair and helps keep your energy steady throughout the day. It plays a role in building and maintaining muscle, supporting a healthy immune system and keeping you feeling fuller for longer.

You don't need to obsess over exact numbers. Rather than counting, it can be helpful to notice where protein is coming from in your meal. Including a source of protein — whether from plants or animals — is a simple way to create balanced, nourishing meals that keep you satisfied and energised.

Ask yourself

Where is the protein in this meal?



“Nourish Note

Protein brings structure, steadiness and satisfaction.

Choose Your Protein

ANIMAL • PLANT • MIXED APPROACHES



Protein helps to build and repair our bodies, keeps us feeling fuller for longer and supports steady energy throughout the day. There are many delicious ways to get enough protein. Here are some examples to inspire you.

Animal protein

NUTRIENT RICH
AND VERSATILE



Animal proteins provide high-quality protein along with important nutrients such as vitamin B12, iron, zinc and omega-3 fatty acids.



EGGS



YOGURT



FISH



CHICKEN



TURKEY



COTTAGE
CHEESE



A FLEXIBLE APPROACH
Animal protein can be part of a balanced, nourishing diet in a way that feels good and right for you.

Plant protein

NATURAL, COLOURFUL
AND FIBRE RICH



Plant proteins are packed with fibre, vitamins, minerals and phytonutrients. They support a diverse and healthy gut and can be incredibly satisfying.



BEANS



LENTILS



CHICKPEAS



TOFU



TEMPEH



EDAMAME



NUTS



SEEDS



A FLEXIBLE APPROACH
Plant protein can be a wonderful foundation, with so many options to explore and enjoy.

Mixed meals

THE BEST OF BOTH
WORLDS



Many people enjoy a mix of animal and plant proteins. Combining different foods can add variety, flavour and a wide range of nutrients to your meals.



LENTIL CURRY WITH YOGURT
Plant protein and fibre, with the creamy goodness of yogurt.



TOFU STIR-FRY
A colourful, satisfying plant-based meal with plenty of protein and crunch.



SALMON WITH GREENS
A nourishing combination of protein, healthy fats and vegetables.



EGGS ON WHOLEGRAIN TOAST
A simple, balanced meal that keeps you full and energised.

“

*There is no single right style of eating —
only the one that supports you well.*



Easy Ways to Add Protein

SMALL CHANGES. STRONGER MEALS.

Adding a little more protein to your day can help you feel fuller for longer, support your energy and keep you satisfied. It does not have to be complicated. Here are some simple, delicious ideas to make it easier.

Simple additions can change the feel of a meal.

1.



Add Greek yogurt or cottage cheese to breakfast.

2.



Stir beans or lentils into soups and stews.

3.



Top porridge or oats with nuts and seeds.

4.



Keep boiled eggs or hummus for easy snacks.

5.



Add tofu, fish or chicken to salads and grain bowls.

6.



Pair fruit with yogurt, nuts or nut butter.



Try This

Choose two protein anchors you can return to this week.

Plants & Fibre

VARIETY HELPS YOU THRIVE.

Plants and fibre are everyday heroes. They support healthy digestion, help feed the good bacteria in your gut, and bring colour, texture and natural goodness to your plate. Fibre is found in fruits, vegetables, whole grains, beans, nuts and seeds — and each one offers a unique mix of nutrients.

When you include a variety of plant foods, you give your body a wider range of vitamins, minerals and natural compounds. Colour can be a helpful guide, as different colours often mean different beneficial nutrients. Plants and fibre also tend to add texture and satisfaction, helping meals feel more complete and enjoyable.

There is no need for perfection — just more variety, in a way that works for you.

LEAFY GREENS

Vitamins, minerals and natural compounds.

CRUCIFEROUS VEGETABLES

Unique plant compounds.

CARROTS

Beta-carotene and colour.

TOMATOES

Natural antioxidants like lycopene.

BEANS

Fibre and plant-based protein.

CITRUS

Vitamin C and a burst of freshness.

OATS

A source of fibre and long-lasting energy.

BERRIES

Natural antioxidants and fibre.

SEEDS

Nutrients, healthy fats and fibre.

HERBS

Flavour and natural plant compounds.

“

The more variety you welcome, the more interesting nourishment becomes.

Everyday Ways to Eat More Plants

MAKE IT EASY, NOT PERFECT.

Eating more plants does not have to be complicated. Small, simple choices can add up to big benefits for your energy, mood and long-term health. Here are some easy and realistic ways to bring more plant foods into your everyday meals.



1.



Add berries or fruit to breakfast.

2.



Keep frozen vegetables for easy meals.

3.



Stir greens into soups, eggs or grains.

4.



Add beans to salads, stews or bowls.

5.



Choose one colourful vegetable with lunch.

6.



Use herbs to brighten simple meals.

7.



Snack on fruit, carrots or cucumber.

8.



Build one meal each day around plants.



Fibre-rich favourites

Here are some simple plant foods that are naturally rich in fibre: oats, beans, lentils, berries, pears, greens, seeds.

“

Small plant choices, repeated often, can change the whole feel of your meals.



Plant Variety Challenge

YOUR 7-DAY COLOUR CHECK-IN

Use this page as a gentle challenge. Notice how many colours and plant foods you include across the week. You are not aiming for perfection — just curiosity and variety.

PLANT FOOD COLOURS	MON	TUE	WED	THU	FRI	SAT	SUN
 DARK GREENS Leafy greens, broccoli, kale, spinach, rocket, herbs.	☐	☐	☐	☐	☐	☐	☐
 RED & PINK Tomatoes, red peppers, beetroot, berries, radishes.	☐	☐	☐	☐	☐	☐	☐
 ORANGE & YELLOW Carrots, sweet potato, pumpkin, peppers, citrus, mango.	☐	☐	☐	☐	☐	☐	☐
 WHITE & BROWN Garlic, onion, mushrooms, cauliflower, parsnip, whole grains.	☐	☐	☐	☐	☐	☐	☐
 PURPLE & BLUE Blueberries, blackberries, red cabbage, aubergine.	☐	☐	☐	☐	☐	☐	☐
 BEANS & LEGUMES Lentils, chickpeas, beans, peas, split peas.	☐	☐	☐	☐	☐	☐	☐
 HERBS & FLAVOUR BOOSTERS Basil, parsley, coriander, mint, thyme, rosemary, spices.	☐	☐	☐	☐	☐	☐	☐



This week I want to try...

“

*Colour, variety and small choices
can brighten a plate.*



Healthy Fats

SMALL AMOUNTS. LASTING SUPPORT.

Healthy fats support our hormones, help us feel full for longer, aid the absorption of important vitamins and provide steady nourishment throughout the day.

Fats are not something to fear. In the right amounts, they are an essential part of a balanced, nourishing diet and can help you feel your best.



OLIVE OIL

A source of heart-healthy monounsaturated fats and natural antioxidants.



AVOCADO

Rich in healthy fats, fibre and vitamins to help keep you satisfied.



OILY FISH

Provides omega-3 fatty acids that support heart, brain and whole body health.



NUTS

Packed with healthy fats, protein, fibre and important minerals.



SEEDS

Tiny but mighty sources of healthy fats, fibre, vitamins and minerals.



TAHINI

A creamy source of healthy fats, plant-based protein and minerals such as calcium.

“

Healthy fats help meals feel calmer, steadier and more satisfying.



Easy Ways to Add Healthy Fats

SIMPLE CHOICES. BETTER SATIETY.

Healthy fats add flavour, help us feel full and support our overall health. They also help our bodies absorb important vitamins. Here are some easy and delicious ways to include more healthy fats in your everyday meals.



1 Drizzle olive oil OVER VEGETABLES OR SOUPS

A drizzle of extra virgin olive oil adds flavour, healthy fats and helps you absorb more nutrients from vegetables.



2 Add seeds TO OATS OR YOGURT

Sprinkle chia seeds, flaxseeds, hemp seeds or sunflower seeds over your oats or yogurt for extra healthy fats, fibre and crunch.



3 Include avocado IN SALADS OR ON TOAST

Avocado is rich in healthy fats, fibre and key nutrients. Add it to salads, smash it on toast or enjoy it as a topping.



4 Spread tahini OR NUT BUTTER ON FRUIT OR TOAST

Tahini, almond, peanut or other nut butters are delicious sources of healthy fats. Spread them on fruit, wholegrain toast or add to smoothies.



5 Add nuts TO SNACKS OR GRAIN BOWLS

A handful of nuts adds healthy fats, protein, fibre and crunch. Try almonds, walnuts, cashews or pistachios on their own or sprinkled over grain bowls and salads.



6 Enjoy oily fish OR A PLANT ALTERNATIVE

Oily fish like salmon, sardines or mackerel are rich in omega-3 fats. If you prefer a plant option, try chia seeds, flaxseeds, walnuts or algae-based alternatives.



TRY THIS

“Choose one healthy fat you can add more intentionally this week.”



Nourish Note

A GENTLE REMINDER ABOUT BALANCE.

“

*You do not need to
remove all richness
from a meal to make
it nourishing.*

*Support often lives
in balance.*

”



YOUR NOURISH O

*What helps a meal feel supportive
and satisfying for you?*



Hydration Matters

WATER, RHYTHM AND EVERYDAY ENERGY.

Water is a simple but powerful way to support your health. It helps with concentration, digestion, energy, temperature regulation and everything your body does each day.

Staying hydrated does not need to be complicated. Small, consistent choices can make a big difference in how you feel, helping you move through your day with more ease, clarity and vitality.



ENERGY

Staying hydrated helps your body work efficiently, supporting natural energy levels throughout the day.



DIGESTION

Hydration helps break down food and supports a healthy digestive system.



GENTLE ROUTINE

Keep water within reach and sip regularly. Herbal teas, infused water and water-rich foods can all help you stay hydrated in a way that feels good.



FOCUS

Water supports concentration and clear thinking, helping you feel more present and productive.



MOOD

Drinking enough water can help you feel calmer, more balanced and better able to cope with daily challenges.

“

Sometimes the next nourishing step is simply a glass of water.

What Counts Towards Hydration?

MORE THAN JUST WATER.

Water is important, but it is not the only way to stay hydrated. Many everyday foods and drinks also contribute to your fluid intake. Including a variety of options can make hydration easier, more enjoyable and more nourishing.



WATER

Plain water is a simple and effective way to stay hydrated. It helps regulate body temperature, supports digestion and carries nutrients around your body.



HERBAL TEA

Herbal teas are a comforting and flavoursome way to increase your fluid intake. They count towards hydration and can be enjoyed hot or cold, without caffeine.



MILK OR FORTIFIED OPTIONS

Milk and fortified plant milks, such as almond, soya or oat, contribute to your fluid intake. They also provide important nutrients like calcium, vitamin D and protein, which support strong bones and overall health.



SOUPS

Soups are a delicious way to boost hydration. They provide fluid along with valuable nutrients, and can be made with vegetables, beans, grains or chicken, making them a nourishing and satisfying choice.



WATERY FOODS

Many fruits and vegetables have a high water content and help you stay hydrated. Cucumber, oranges, berries, melon, tomatoes and lettuce are all refreshing options that also provide vitamins, minerals and fibre.



SPARKLING WATER

Sparkling water can be a refreshing alternative to still water. It hydrates just as well and can make drinking more enjoyable. Choose plain or add a squeeze of lemon, lime or fresh herbs for extra



“Everyday hydration is usually best built around simple options.”



Easy Ways to Drink More Water

GENTLE HABITS THAT HELP.

Small, simple habits can make drinking more water feel natural and enjoyable. Try a few of these ideas and find what works best for you and your lifestyle.



1 Keep a bottle nearby

Having a water bottle within reach makes it easier to sip throughout the day and helps you stay consistent.



2 Drink water with meals

Make it a habit to have a glass of water with breakfast, lunch and dinner. It supports digestion and helps you stay hydrated throughout the day.



3 Flavour with citrus or herbs

Add slices of lemon, lime, orange, cucumber or fresh herbs like mint to give your water a fresh, natural flavour. It can make water more enjoyable.



4 Start the morning with a glass of water

After a night's sleep, your body benefits from a refreshing glass of water to help replenish fluids and give you a gentle energy boost for the day ahead.



5 Use a favourite cup

Drinking water from a cup or glass you love can make it feel more inviting. Choose something that brings you joy and makes you want to sip more often.



6 Pair tea with a pause

Enjoy a cup of herbal tea as a calming break in your day. It counts towards your fluid intake and can help you slow down, reset and feel more present.



7 Drink before and after movement

Have a glass of water before exercise to hydrate, and another afterwards to help replenish fluids lost through sweat.



8 Keep chilled water visible

Keep a jug or bottle of cold water in the fridge where you can see it. Having chilled water ready to go can be a simple reminder to drink more often.



TRY THIS

“

Choose two hydration habits to test this week.



Hydration Tracker

YOUR 7-DAY CHECK-IN.

Use this tracker to build your hydration habit. There is no perfect amount for everyone, but a simple daily check-in can help you stay more consistent, notice how you feel and celebrate your progress.



MY WATER INTAKE



Tick a glass each time you drink a glass of water.
You can set your own goal, e.g. 6–8 glasses a day.

MON										NOTES
TUE										
WED										
THU										
FRI										
SAT										
SUN										



MY DAILY HYDRATION INTENTION

How do I want to feel, and what is my intention for staying hydrated this week?



WHAT HELPS ME REMEMBER

List the little cues, habits or routines that help me drink more water.





HOW I FEEL WHEN I AM WELL HYDRATED

More energy? Better focus? Clearer skin? Improved mood? Write about the positive difference it makes for you.

“Small rhythms can refresh the whole day.”

Nature's Pantry

EVERYDAY INGREDIENTS WITH CHARACTER.

Herbs, spices, seeds, teas and simple staples can transform everyday meals. They add flavour, warmth, texture and interest, helping you create dishes that are both nourishing and enjoyable.

With a variety of ingredients on hand, you can keep meals interesting, support your health and explore new flavours. Even the simplest foods can become something special with the right combination of nature's pantry staples.



HERBS

Fresh or dried herbs add brightness, aroma and natural compounds to everyday meals.



SPICES

Spices like turmeric, cinnamon and ginger bring warmth, depth and unique flavour, with added natural benefits.



SEEDS

Seeds like chia, flax and hemp add texture, healthy fats, fibre and important nutrients to your meals.



TEAS

Herbal teas such as peppermint, hibiscus or chamomile can be enjoyed hot or cold, adding flavour and variety.



GRAINS

Wholesome grains such as oats provide lasting energy, fibre and a satisfying base for many meals.



STAPLES

Everyday staples like garlic, lentils and beans are versatile, nourishing and help create satisfying, balanced meals.

“A small pantry can still hold a lot of nourishment.”

Ingredient Spotlight: Ginger

WARMTH, FLAVOUR AND EVERYDAY USE.

Ginger is a warming root with a distinctive flavour that has been enjoyed in kitchens around the world for centuries. It brings a fresh, zesty taste to both sweet and savoury dishes and is a simple way to add more variety and plant goodness to your everyday meals.



WHAT IT IS

Ginger is a fragrant underground stem (rhizome) with a warm, slightly spicy flavour. It can be used fresh, dried, ground or as a juice, and works well in both sweet and savoury recipes.



WHY PEOPLE USE IT

Ginger is loved for its fresh flavour, warming aroma and versatility. It adds depth to meals, can help make simple dishes more interesting, and is a popular choice in everyday cooking and drinks.



WARM GINGER TEA A SIMPLE, SOOTHING DRINK.

INGREDIENTS

- 1–2 cm fresh ginger, sliced
- 250 ml hot water
- Optional: lemon slice or a drizzle of honey

METHOD

- 1 Add sliced ginger to a mug.
- 2 Pour over hot water.
- 3 Leave to infuse for 5–10 minutes.
- 4 Add lemon or honey if you like.



SIMPLE WAYS TO USE IT

Ginger is easy to add to your everyday cooking. Try it in:

- Teas and warm drinks
- Soups and broths
- Stir-fries and noodle dishes
- Porridges and overnight oats
- Salad dressings and marinades
- Curries, rice dishes and roasted vegetables



A FEW THINGS TO NOTE

Ginger is generally well tolerated by most people when used in normal food amounts. It has a strong flavour, so a little goes a long way. If you are pregnant, taking medication or have a medical condition, it's always a good idea to check with a healthcare professional if you are unsure.



Ingredient Spotlight: Turmeric

EARTHY, GOLDEN AND VERSATILE.

Turmeric is a bright yellow spice that has been used in cooking for centuries. It brings a warm, earthy flavour to meals and is a simple way to add more plant goodness to your day.



WHAT IT IS

Turmeric comes from the root of a plant in the ginger family. It has a warm, slightly peppery flavour and a vibrant golden colour. It is most commonly used as a ground spice, but you can also find it fresh as a root.



WHY PEOPLE USE IT

Turmeric is a popular ingredient in many traditional cuisines. People enjoy it for its distinctive flavour, natural colour and the plant compounds it contains. It is often included as part of a varied and balanced diet to add extra plant variety to everyday meals.



SIMPLE WAYS TO USE IT

Turmeric is easy to add to lots of everyday meals. Try it in:

- Soups and stews
- Rice and grain dishes
- Curries and vegetable dishes
- Dressing and marinades
- Roasted vegetables
- Smoothies or warm drinks



A FEW THINGS TO NOTE

Turmeric is safe for most people when used in normal food amounts. It can stain, so be careful with clothing and surfaces. Pairing turmeric with a little black pepper and a healthy fat (such as olive oil or coconut milk) can help your body make the most of its natural compounds. If you are taking medication or have a health condition, check with a healthcare professional if you are unsure.



Golden Turmeric Drink

A WARM AND COMFORTING DRINK.



SERVES 1

- 1 cup milk (dairy or plant-based)
- ½ teaspoon ground turmeric
- Pinch of black pepper
- ½ teaspoon honey or maple syrup (optional)
- A pinch of cinnamon (optional)

METHOD

1. Add all ingredients to a small pan.
2. Heat gently, whisking until warm (not boiling).
3. Pour into a mug and enjoy.



Ingredient Spotlight: Hibiscus

BRIGHT, TANGY AND REFRESHING.

Hibiscus is a vibrant flower calyx that is often used dried, especially in teas and refreshing drinks. It adds a beautiful ruby-red colour and a naturally tart, fruity flavour to everyday nourishment.



WHAT IT IS

Hibiscus comes from the calyx (the part of the flower below the petals) of the *Hibiscus sabdariffa* plant. The calyces are usually dried and have a deep red colour and a naturally tart, fruity flavour.



WHY PEOPLE USE IT

Hibiscus is loved for its bright, tangy flavour, beautiful colour and refreshing qualities. It is often enjoyed in teas and cold drinks, and is a popular choice for everyday hydration. It also adds a vibrant touch to many plant-based recipes.



SIMPLE WAYS TO USE IT

Hibiscus is versatile and easy to add to your everyday meals. Try it in:

- Hot hibiscus tea
- Cold hibiscus infusion
- Zobo-style drinks
- Fruit compotes and sauces
- Ice cubes for a colourful twist
- Enjoy warm or cold



HIBISCUS COOLER

A REFRESHING, FRUITY DRINK.



SERVES 2

INGREDIENTS

- 2 tablespoons dried hibiscus
- 500 ml hot water
- Juice of 1 orange (or 1 lemon)
- 1–2 teaspoons honey or maple syrup (optional)
- A few fresh mint leaves
- Ice cubes (optional)

METHOD

- 1 Pour hot water over the dried hibiscus and leave to steep for 10–15 minutes.
- 2 Strain and allow to cool.
- 3 Add orange or lemon juice and sweetener if desired.
- 4 Serve over ice with fresh mint.



A FEW THINGS TO NOTE

- Hibiscus has a naturally tart flavour, which some people love. You can sweeten it lightly with honey, maple syrup or fruit juice if you prefer.
- It is generally well tolerated when enjoyed in normal food amounts.
- If you are pregnant, taking medication (especially for blood pressure) or have a medical condition, it is always a good idea to check with a healthcare professional if you are unsure.



Ingredient Spotlight: Flax & Chia

SMALL SEEDS. BIG SUPPORT.

Flaxseeds and chia seeds are small but mighty pantry staples that can easily be added to everyday meals. They bring fibre, texture and a range of nourishing plant compounds, helping you create simple, satisfying dishes that support your health and wellbeing.



WHAT THEY ARE

Flaxseeds are tiny, golden or brown seeds from the flax plant, with a mild, nutty flavour. Chia seeds are small, black and white seeds from the sage plant, known for their ability to absorb liquid and form a soft, gel-like texture.



WHY PEOPLE USE THEM

Flax and chia are loved for their fibre, texture, versatility and plant-based nourishment. They can help you feel fuller for longer, support a balanced diet and make everyday meals more interesting and satisfying.



SIMPLE WAYS TO USE THEM

Flax and chia are easy to add to your everyday meals. Try them in:

- Porridge or oats
- Yogurt or smoothie bowls
- Smoothies
- Baking (muffins, bread, granola)
- Soups and stews
- Salad toppings



QUICK CHIA POT

A SIMPLE, NOURISHING BREAKFAST OR SNACK.

INGREDIENTS

- 3 tablespoons chia seeds
- 250 ml milk (dairy or plant-based)
- 1 teaspoon maple syrup or honey (optional)
- ½ teaspoon vanilla extract (optional)
- Toppings: fresh fruit, nuts, seeds

METHOD

- 1 Add chia seeds, milk, sweetener and vanilla to a jar or bowl.
- 2 Stir well and leave for at least 2 hours or overnight in the fridge.
- 3 Stir again before serving.
- 4 Add your favourite toppings and enjoy.



A FEW THINGS TO NOTE

- Start small and gradually increase the amount to give your digestive system time to adjust.
- Drink enough fluid, as these seeds absorb liquid.
- Ground flaxseeds are often easier to absorb.
- Keep them stored in an airtight container in a cool, dry place to maintain freshness.

Ingredient Spotlight: Peppermint & Herbal Teas

CALM, COMFORT AND EVERYDAY RITUAL.

Herbal teas are a simple and soothing way to support your well-being every day. With a variety of flavours and natural benefits, they can add warmth, variety and a gentle ritual to everyday nourishment.



WHAT THEY ARE

Herbal teas are infusions made from dried herbs, flowers, fruits or spices steeped in hot water. They are naturally caffeine-free and offer a wide range of flavours and plant compounds.



WHY PEOPLE USE THEM

People enjoy herbal teas for their delicious flavours, comforting aromas and soothing properties. They are a great way to stay hydrated, add variety to your day and enjoy a moment of calm, with many naturally caffeine-free options.



SIMPLE WAYS TO ENJOY THEM

- Peppermint tea for a fresh, cooling and uplifting flavour.
- Chamomile tea for a calming and soothing moment.
- Hibiscus tea for a vibrant, fruity taste.
- Ginger tea for warmth and comfort.
- Iced herbal tea for a refreshing cold drink.
- Enjoy a cup in the evening as part of a relaxing wind-down routine.



A SIMPLE CUP

A CALMING HERBAL TEA.

INGREDIENTS

- 1–2 teaspoons dried herbs (e.g. peppermint, chamomile or hibiscus)
- 250 ml hot water
- Optional: a slice of lemon, a drizzle of honey or a few fresh mint leaves

METHOD

- 1 Add dried herbs to a mug or teapot.
- 2 Pour over hot (not boiling) water.
- 3 Leave to steep for 5–10 minutes, depending on the herb.
- 4 Strain if needed, add extras if you like, and enjoy.



A FEW THINGS TO NOTE

Different herbs suit different moments, and everyone may respond differently. Most herbal teas are safe for everyday enjoyment, but if you are pregnant, taking medication or have a medical condition, it's always a good idea to check with a healthcare professional about individual herbs.

Build Your Nourish O Pantry

START SIMPLE. GROW GENTLY.



A nourishing pantry does not need to be perfect or expensive. It can be built little by little, with simple ingredients that you enjoy and that support your wellbeing. Use this checklist to see what you already have and what you might like to add in the future.



HERBS

Fresh or dried herbs add brightness, aroma and natural compounds to everyday meals.



	Already have	Want to try
Basil	☐	☐
Parsley	☐	☐
Mint	☐	☐
Thyme	☐	☐
Rosemary	☐	☐
_____	☐	☐



SPICES

Spices bring warmth, depth and unique flavour, with added natural benefits.



	Already have	Want to try
Turmeric	☐	☐
Cinnamon	☐	☐
Ginger	☐	☐
Cumin	☐	☐
Paprika	☐	☐
_____	☐	☐



SEEDS

Seeds add texture, healthy fats, fibre and important nutrients to your meals.



	Already have	Want to try
Chia seeds	☐	☐
Flaxseeds	☐	☐
Hemp seeds	☐	☐
Sunflower seeds	☐	☐
Pumpkin seeds	☐	☐
_____	☐	☐



GRAINS

Wholesome grains provide lasting energy, fibre and a satisfying base for many meals.



	Already have	Want to try
Oats	☐	☐
Brown rice	☐	☐
Quinoa	☐	☐
Buckwheat	☐	☐
Barley	☐	☐
_____	☐	☐



TEAS

Herbal teas can be enjoyed hot or cold, adding flavour, variety and a sense of calm to your day.



	Already have	Want to try
Peppermint	☐	☐
Hibiscus	☐	☐
Chamomile	☐	☐
Ginger	☐	☐
Green tea	☐	☐
_____	☐	☐



STAPLES

Everyday staples are versatile, nourishing and help create satisfying, balanced meals.



	Already have	Want to try
Garlic	☐	☐
Onions	☐	☐
Lentils	☐	☐
Chickpeas	☐	☐
Beans	☐	☐
_____	☐	☐

“A simple pantry can still open many nourishing possibilities.”



MY THREE NEXT ADDITIONS

Choose three ingredients you would like to add to your pantry in the near future.

- 1
- 2
- 3



Eat With Your Rhythm

HUNGER, FULLNESS AND REAL LIFE.

Nourishment does not have to follow rigid rules. Everyone's needs, routines and appetites are different, and many people feel better when they tune in to their natural rhythm. By noticing hunger and fullness, and considering your daily routine, sleep, stress, work patterns and real-life needs, you can create a way of eating that feels supportive, balanced and enjoyable.

A gentle, flexible approach helps you make choices that work for your body and your life, allowing nourishment to fit in with what really matters to you.



NOTICE HUNGER

Hunger is your body's way of letting you know it needs nourishment. Try to notice gentle signs of hunger, such as a rumbling stomach, slightly lower energy or a feeling of emptiness.



CREATE A GENTLE RHYTHM

A regular eating rhythm can help support steady energy, better concentration and overall wellbeing. This might include three main meals and optional snacks, spaced in a way that suits your lifestyle.



LEAVE ROOM FOR LIFE

Life is not always predictable. Some days you may eat earlier or later, have a bigger or smaller appetite, or need simple, quick meals. Flexibility allows you to nourish yourself in a way that fits your real life, without guilt or pressure.



SUPPORT, NOT PERFECTION

There is no single "right" way to eat. Some days will feel more balanced than others, and that is okay. A supportive rhythm is about making choices most of the time that help you feel good, with kindness towards yourself along the way.

“A helpful rhythm is one that supports your life, not one that fights it.”

Listening to Hunger and Fullness

LEARN YOUR BODY'S GENTLE CUES.

Checking in with your hunger and fullness can help you create a more positive relationship with food. It allows you to choose what and when to eat in a way that feels calmer, more satisfying and more responsive to your body's needs.



SIGNS OF HUNGER

Hunger can show up in different ways. Noticing these gentle cues can help you respond with care before you become overly hungry.



A gently empty or grumbling stomach.



Lower energy levels or feeling a little tired.



Difficulty concentrating or feeling less focused.



Irritability or a shorter temper than usual.



Increased thoughts about food or noticing food looks and smells more appealing.



SIGNS OF COMFORTABLE FULLNESS

Comfortable fullness feels satisfying and balanced. It is a sense of nourishment that gives you energy without feeling overly full or uncomfortable.



Feeling satisfied and content after eating.



Hunger feels calmer and naturally quieter.



You have enough energy and feel steady.



You feel comfortably full but not overstuffed.



You can pause eating without feeling like you need to keep going.



TRY THIS

Pause midway through your meal and ask yourself: *How am I feeling right now?*

- Am I still enjoying my food?
- Do I feel comfortably satisfied?
- Would a few more bites feel good, or is it time to stop?



YOUR NOURISH O

1 How do I usually know when I am hungry?

2 What does comfortable fullness feel like for me?

Create a Meal Rhythm That Works for You

FLEXIBLE STRUCTURE FOR REAL DAYS.

There is no single ideal meal schedule. What works well for one person may not work for another, and that is okay. A meal rhythm can be shaped by your appetite, work, family, sleep, movement, culture and the season of life you are in.

Having a loose structure can help you feel more energised, make balanced choices and avoid feeling too hungry or too full. The examples below show three different ways a day might look. You can use them as inspiration and adapt them to suit your own life.



EARLY START DAY

GREAT FOR EARLY RISERS, ACTIVE MORNINGS OR BUSY DAYS.

- 6:30 Breakfast**
A nourishing breakfast to start the day (eg. oats with fruit and seeds).
- 10:00 Snack**
A piece of fruit, nuts or herbal tea.
- 12:30 Lunch**
A balanced meal with grains, vegetables and protein (eg. grain bowl).
- 16:00 Snack**
Yoghurt with berries or a handful of nuts.
- 18:30 Dinner**
A warm, satisfying meal (eg. vegetable stir-fry with tofu).



STEADY WORKDAY

WELL SUITED TO A TRADITIONAL WORK, STUDY OR HOME ROUTINE.

- 8:00 Breakfast**
A simple start (eg. yoghurt with granola and fruit).
- 11:00 Snack**
Fruit, seeds or a cup of herbal tea.
- 13:00 Lunch**
A balanced meal (eg. soup with wholegrain bread or a hearty salad).
- 16:00 Snack**
A small, nourishing snack (eg. hummus with veggie sticks).
- 19:00 Dinner**
A relaxed, wholesome meal (eg. lentil curry with rice and greens).



SLOWER EVENING DAY

IDEAL IF YOU PREFER A LATER START OR HAVE EVENINGS AT HOME.

- 9:00 Brunch**
A nourishing meal to get the day going (eg. smoothie bowl or eggs with vegetables).
- 13:00 Lunch**
A satisfying meal (eg. grain salad with beans and fresh greens).
- 16:00 Tea or snack**
A warm drink and a light snack (eg. herbal tea with oat cake or fruit).
- 19:30 Dinner**
A comforting meal (eg. roasted vegetables, wholegrains and a source of protein).



WHAT SHAPES MY RHYTHM?

Many factors can influence when and how you like to eat. Here are some to consider:



Work or study schedule

Your daily routine can affect when you feel hungry.



Family and childcare

Meal times often work around others too.



Exercise and movement

You may prefer to eat before or after being active.



Sleep patterns

Good sleep can support appetite and energy levels.



Stress levels

Stress can affect hunger, digestion and food choices.



Commuting and travel

Time on the go may change when and what you eat.



Appetite and energy

Your hunger cues may vary from day to day.



Social meals and culture

Family, friends and cultural traditions are an important part of food and life.



MY MOST HELPFUL RHYTHM

Use this space to reflect on what could work well for you right now.

Intermittent Fasting — If It Fits You

OPTIONAL, NOT ESSENTIAL.

Some people enjoy having a longer overnight break from eating and find that it helps them feel good. Intermittent fasting can be a useful approach for some, but it is only one of many ways to nourish yourself. It is not necessary for good health, and there is no single “right” way to eat.



WHAT IT IS

Intermittent fasting simply means having a longer break from eating, usually overnight, followed by a period of eating during the day. Common patterns include:

- 12:12 (12 hours fasting, 12 hours eating)
- 14:10 (14 hours fasting, 10 hours eating)

For example, finishing dinner at 7pm and eating again at 9am the next day.



WHY SOME PEOPLE TRY IT

People choose to try intermittent fasting for different reasons, including:

- It can fit well with busy routines.
- It may help create simplicity around meals.
- Some find it supports a natural appetite rhythm.
- It can give more structure to when they eat.



WHEN TO BE CAUTIOUS

Intermittent fasting is not suitable for everyone. It is especially important to be cautious if you:

- Are pregnant or breastfeeding.
- Have a history of disordered eating.
- Are an adolescent (still growing).
- Have certain medical conditions or are taking medications (such as for diabetes, or that require food with them).
- Find that fasting leaves you feeling unwell, anxious or overly tired.

If you are unsure, it is always best to speak with a healthcare professional.



A GENTLE APPROACH

If you are curious to try intermittent fasting, start gently and see how it feels. You might begin with a 12:12 pattern and notice how your energy, mood and hunger feel. Keep your meals nourishing and balanced, with plenty of whole foods, and stay well hydrated. If it does not feel supportive for you, it is perfectly okay to stop. There is no need to push — nourishment should always feel kind and sustainable.



YOUR NOURISH O

What eating rhythm feels most supportive for me right now?

“Support can be found in many eating patterns.”

Morning Nourishment

BEGIN GENTLY. BUILD STEADY ENERGY.

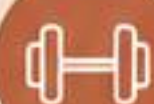
A morning meal can be a gentle way to refuel after a night's rest. Nourishing foods provide steady energy, help support concentration and can set a positive tone for your day. Including protein, fibre and healthy fats in the morning may help you feel fuller for longer and support more stable energy levels.

There is no single "perfect" breakfast, and what works for one person may be different for another. Some people enjoy a larger morning meal, while others prefer something light or may not feel hungry until later. The most important thing is to choose foods that make you feel good, support your energy and fit your lifestyle.



STEADY ENERGY

A balanced morning meal with protein, fibre and healthy fats can help provide long-lasting energy and support focus throughout the day.



PROTEIN FIRST

Including a source of protein in the morning can help keep you feeling fuller for longer and support muscle health, energy and concentration.



KEEP IT SIMPLE

Nourishing mornings don't need to be complicated. Simple, whole foods can be delicious, satisfying and support your overall wellbeing.



NO ONE RIGHT WAY

Breakfast can look different for everyone. What matters most is choosing foods that feel good for you and fit your needs, routine and lifestyle.

“

A nourishing morning does not need to be elaborate. It needs to support your day.

Breakfast Ideas for Real Mornings

EASY OPTIONS YOU CAN ACTUALLY USE.

A nourishing breakfast can help you feel more energised, focused and satisfied throughout the day. These simple ideas are flexible, delicious and made for real life — whether you have five minutes or a little more time.

1 Greek Yogurt Bowl



Creamy Greek yogurt topped with fresh fruit, nuts, seeds and a drizzle of honey.



PROTEIN



FIBRE



HEALTHY
FATS

2 Porridge with Fruit and Seeds



Warm oats topped with fruit, seeds and a sprinkle of cinnamon for natural sweetness and extra nourishment.



FIBRE



COMPLEX
CARBS



PLANT
NUTRIENTS

3 Eggs on Toast



A simple, satisfying classic with protein-rich eggs and fibre-rich wholegrain toast.



PROTEIN



FIBRE



HEALTHY
FATS

4 Smoothie Breakfast



Blend fruit, leafy greens, yogurt or plant milk, and a spoonful of seeds or nut butter for a quick, nutrient-packed option.



PROTEIN



FIBRE



VITAMINS
& MINERALS

5 Cottage Cheese and Fruit



Cottage cheese is high in protein and pairs beautifully with fresh fruit, seeds and a drizzle of honey or cinnamon.



PROTEIN



FIBRE



HEALTHY
FATS

6 Peanut Butter Toast with Banana



Wholegrain toast with natural peanut butter and banana is a delicious combination of lasting energy, fibre and healthy fats.



COMPLEX
CARBS



HEALTHY
FATS



FIBRE

TRY THIS

Choose two breakfasts you could repeat this week.

Build Your Morning Plate

A SIMPLE BREAKFAST WORKSHEET.

Use this worksheet to build one simple morning meal you enjoy. There is no perfect formula, just a helpful guide. Choose a source of protein, add some fruit or plant colour, include a nourishing carbohydrate and a healthy fat or topping. Then think about the quickest option that works for your life, and how you want this breakfast to make you feel.



MY PROTEIN

Choose a protein you enjoy, such as eggs, yoghurt, tofu, beans, nuts or seeds.



MY CARBOHYDRATE

Choose a nourishing carbohydrate, such as oats, wholegrain toast, quinoa, sourdough, fruit or sweet potato.



MY QUICKEST OPTION

What is the simplest version of this breakfast that you can easily make on busy days?



MY FRUIT OR PLANT COLOUR

Add some colour with fruit or plant foods, such as berries, banana, apple, mango or seasonal options.



MY HEALTHY FAT OR TOPPING

Include a healthy fat or topping, such as avocado, nuts, seeds, nut butter, olive oil, coconut or yoghurt.



HOW I WANT THIS BREAKFAST TO MAKE ME FEEL

Think about the energy, mood and support you want this meal to give you. For example: energised, calm, focused, satisfied or happy.

“Small morning rituals can shape the tone of a day.”

Everyday Meals

LUNCHES AND DINNERS FOR REAL LIFE.

Nutritious meals do not need to be complicated or time-consuming. With a few simple ingredients and a little planning, you can create lunches and dinners that are balanced, satisfying and full of flavour. The goal is not perfection, but meals that support your energy, wellbeing and enjoyment of food.

Everyday meals can be flexible, working with your schedule, preferences and what you have on hand. By including a variety of colourful plants, a source of protein, nourishing carbohydrates and healthy fats, you can create delicious meals that fuel your body and fit into real life.



BALANCE

Aim to include plants, a source of protein, a nourishing carbohydrate and healthy fats. This combination helps keep you satisfied, energised and nourished.



FLEXIBILITY

Use what you have on hand and adapt recipes to suit your taste, the season or your schedule. Everyday meals can be simple, seasonal and still provide great nutrition.



BATCH-FRIENDLY

Cook larger portions when you can. Grains, roasted vegetables, soups and beans keep well and make it easier to pull together nourishing meals during busy days.



COMFORT + SUPPORT

Food can be both nourishing and comforting. Think warm soups, hearty bowls and simple tray meals with familiar flavours that make you feel good, inside and out.

“A useful meal is one you can return to again and again.”

Simple Lunch Ideas

THREE PLATES TO INSPIRE YOUR DAY.

Lunch is a chance to refuel, reset and nourish your body for the rest of the day. These three balanced plates are simple to prepare, full of flavour and provide a good mix of protein, plants, carbohydrates and healthy fats.



1

Chickpea Grain Bowl

A colourful, satisfying bowl packed with plant-based goodness and Mediterranean flavours.



PROTEIN

Chickpeas provide plant-based protein and fibre.



PLANTS

Mixed salad leaves, cucumber, tomatoes and red cabbage.



CARBOHYDRATE

Quinoa or brown rice gives steady energy and lasting fullness.



FLAVOUR & FAT

Avocado, olive oil, lemon and herbs add healthy fats and fresh flavour.



2

Soup + Toast Lunch

A warming and comforting lunch that is easy to prepare and full of nourishing ingredients.



PROTEIN

Lentils, beans or split peas add plant-based protein and keep you full.



PLANTS

A mix of vegetables such as carrot, onion, celery and leafy greens.



CARBOHYDRATE

Wholegrain or sourdough toast provides energy and fibre.



FLAVOUR & FAT

Olive oil, herbs, garlic and a swirl of yogurt or tahini add flavour and healthy fats.



3

Chicken or Tofu Salad Plate

A fresh and versatile lunch that works with chicken, tofu or your favourite protein.



PROTEIN

Grilled chicken, baked tofu or tempeh provide protein to support your body.



PLANTS

Leafy greens, tomatoes, cucumber, carrot, radish and herbs.



CARBOHYDRATE

Brown rice, quinoa, roasted sweet potato or wholegrain bread.



FLAVOUR & FAT

Olive oil, tahini, seeds, nuts or a simple lemon and herb dressing add flavour and healthy fats.

MAKE IT YOURS

Use these ideas to adapt the meals to your tastes, what you have on hand and your budget. There is no single "right" way to build a nourishing lunch.



PLANT-BASED SWAPS

- Use tofu, tempeh, lentils, beans or chickpeas instead of meat.
- Try plant-based yogurt or tahini instead of dairy.
- Choose nutritional yeast for a cheesy flavour.



BUDGET SWAPS

- Use seasonal vegetables and frozen produce.
- Choose tinned beans or lentils.
- Use simple grains like brown rice, oats or couscous.
- Make extra and enjoy leftovers the next day.

Simple Dinner Ideas

WARM, SATISFYING AND PRACTICAL.

Dinner can be simple, nourishing and enjoyable. A balanced evening meal helps your body recover, supports steady energy and can set you up for a good night's sleep. Here are three easy and satisfying ideas to inspire you.

1

Salmon or Bean Traybake



Roasting salmon or beans with a variety of colourful vegetables is a simple, hands-off way to create a balanced meal. It provides high-quality protein, fibre, healthy fats and a range of vitamins and minerals.



SUPPORTS
HEART HEALTH
AND LASTING
FULLNESS.

2

Lentil Curry Bowl



A warming lentil curry is packed with plant protein, fibre and flavour. Lentils are rich in iron and folate, and the spices such as turmeric, cumin and ginger add natural compounds that support overall health.



SUPPORTS
IMMUNITY,
DIGESTION AND
STEADY ENERGY.

3

Stir-fry with Vegetables and Tofu or Chicken



A quick stir-fry is a great way to include a variety of vegetables along with tofu or chicken for protein. It is rich in vitamins, minerals and antioxidants, and can be easily adapted with different vegetables and sauces to keep meals interesting.



PROVIDES
A WIDE RANGE
OF NUTRIENTS
FOR OVERALL
WELLBEING.



TRY THIS

Choose one of these dinner ideas to make and enjoy next week. Notice how it makes you feel and consider repeating it.

Three Easy Meal Formats

BOWLS · SOUPS · TRAY MEALS

You do not need complicated recipes to eat well. A few simple meal formats can take the guesswork out of everyday eating. Bowls, soups and tray meals are flexible, satisfying and easy to adapt with seasonal ingredients, making it simpler to nourish yourself through busy days and quieter moments alike.



Bowls

Bowls are a simple way to bring a variety of nutrients together in one satisfying meal.



Protein

Add chicken, fish, eggs, beans, lentils or tofu.



Vegetables

Fill with colourful vegetables and leafy greens.



Carbohydrate

Use wholegrains, potatoes, quinoa, brown rice or noodles.



Healthy Fat / Flavour

Top with avocado, nuts, seeds, olive oil or a favourite dressing.



Soups

Soups are comforting, nutrient-dense and easy to batch cook. They are perfect for using seasonal produce and pantry staples.



Protein

Add lentils, beans, chicken, fish or tofu.



Vegetables

Use a variety of vegetables and herbs for flavour.



Base / Carbohydrate

Include pulses, wholegrains, potatoes or noodles.



Healthy Fat / Flavour

Finish with olive oil, coconut milk, herbs, seeds or a squeeze of lemon.



Tray Meals

Tray meals are simple, versatile and great for busy days. Everything cooks together, making them easy and fuss-free with minimal washing up.



Protein

Add fish, chicken, tofu, sausages or chickpeas.



Vegetables

Use a variety of colourful vegetables.



Carbohydrate

Include potatoes, sweet potatoes, quinoa or other grains.



Healthy Fat / Flavour

Drizzle with olive oil and season with herbs, spices or a marinade.

“

A meal format can reduce decision fatigue and make nourishment easier.



WHY PEOPLE LOVE THESE

- Simple and repeatable.
- Great for batch cooking.
- Flexible with seasonal ingredients.
- Less decision fatigue and lower stress.
- Delicious, satisfying and nourishing.

Build an Everyday Meal

YOUR NOURISH O WORKSHEET.

Use this worksheet to create a simple, nourishing meal that fits your life. Choose ingredients you enjoy and that support your energy, mood and wellbeing. There are no rules — this is a guide to help you think about balance, variety and what feels good for you.



MY MAIN PROTEIN

e.g. fish, chicken, eggs, beans, lentils, tofu



MY CARBOHYDRATE OR BASE

e.g. quinoa, brown rice, potatoes, oats, wholegrain bread, noodles



MY HERBS / FLAVOUR

e.g. herbs, spices, garlic, lemon, chilli, soy sauce, vinegar, fresh herbs



WHEN THIS MEAL WOULD HELP ME MOST

e.g. busy days, after exercise, when I need steady energy, when I want to feel calm



MY PLANT OR VEGETABLES

e.g. salad, leafy greens, roasted vegetables, seasonal veg



MY HEALTHY FAT OR SAUCE

e.g. avocado, olive oil, nuts, seeds, tahini, yoghurt, dressing



HOW I WANT THIS MEAL TO MAKE ME FEEL

e.g. energised, satisfied, calm, nourished, balanced, uplifted



“

Simple meals can still carry care, rhythm and nourishment.

African & Nigerian-Inspired Nourishment

TRADITION, FLAVOUR AND EVERYDAY WISDOM.

African and Nigerian cuisines are rich in nourishing ingredients, bold flavours and time-honoured wisdom. They celebrate variety, seasonality and whole foods that bring people together and support health, energy and wellbeing.

From colourful vegetables and hearty grains to legumes, spices and fresh herbs, African-inspired foods offer a beautiful balance of flavour and nourishment. These meals are not only satisfying but also deeply rooted in culture, community and care.



VARIETY

Enjoy a wide range of ingredients including grains, legumes, vegetables, fruits, tubers and spices for balanced, flavourful meals.



PLANT FOODS

Leafy greens, tomatoes, peppers, okra, garden egg, plantain and assorted vegetables provide fibre, vitamins, minerals and powerful plant compounds.



WHOLESOME GRAINS & TUBERS

Foods like rice, millet, sorghum, oats, plantain, yam and sweet potato provide lasting energy, fibre and essential nutrients.



FLAVOUR

Bold seasonings, fresh herbs and spices like ginger, garlic, peppers and crayfish create delicious depth and aroma, making meals both exciting and nourishing.



PROTEIN SOURCES

Beans, lentils, peas, groundnuts, fish, chicken, eggs and lean meats offer high-quality protein to support energy, muscle health and overall wellbeing.



EVERYDAY MEAL IDEAS

Enjoy nourishing meals like vegetable soups, bean stews, grilled fish, plantain dishes, okra stews, rice and more — simple, satisfying and full of flavour.

“

Good food is a connection to our roots, our people and our wellbeing.

Recipe Spotlight: Nigerian Bean Stew

COMFORTING, PROTEIN-RICH AND FULL OF COLOUR.



WHAT IT IS

A flavourful, hearty tomato and pepper-based stew cooked with beans, onions and aromatic seasonings. It's a classic Nigerian dish that is naturally nourishing, satisfying and full of vibrant West African flavours.



WHY PEOPLE ENJOY IT

It's rich, comforting and packed with flavour. The combination of beans, tomatoes, peppers and spices creates a delicious, satisfying meal that is affordable, versatile and loved by many. It's high in plant protein and fibre, making it a great choice for everyday nourishment.



INGREDIENTS

SERVES 4

- 2 cups black-eyed beans (soaked or cooked, or tinned)
- 1 large onion, finely chopped
- 3–4 ripe tomatoes, blended
- 2 red bell peppers, blended
- 1–2 scotch bonnet peppers (adjust to taste)
- 3 cloves garlic, minced
- 2–3 tbsp vegetable oil
- 2 tbsp tomato purée (optional)
- 1–2 tsp ground crayfish (optional)
- 1 tsp dried thyme
- 1–2 seasoning cubes or salt to taste
- 1 cup water or stock
- Handful of spinach or scent leaves (optional)



METHOD

- 1 If using dried beans, soak overnight and cook until tender. Or use tinned beans (rinsed and drained).
- 2 Blend tomatoes, red peppers and scotch bonnet peppers until smooth.
- 3 Heat oil in a large pot. Add chopped onions and sauté until soft and translucent.
- 4 Add garlic and cook for 1 minute. Then add the blended pepper mixture and tomato purée. Cook for 10–15 minutes, stirring occasionally, until the sauce thickens and the oil separates.
- 5 Add the cooked beans, seasoning cubes, thyme and water or stock. Stir well and simmer for 15–20 minutes.
- 6 Add chopped spinach or scent leaves (if using), stir and cook for a few minutes. Taste and adjust seasoning.



SIMPLE WAYS TO SERVE IT



With steamed rice
A classic and satisfying combination.



With fried plantain
Sweet plantain balances the rich, savoury stew beautifully.



With boiled yam or sweet potatoes
A filling, nourishing option packed with fibre.



With wholegrain bread
Perfect for a simple, comforting meal.



A FEW THINGS TO NOTE

- You can use any beans you prefer, such as black-eyed beans, brown beans or kidney beans.
- Adjust the amount of scotch bonnet pepper to suit your spice preference.
- For a richer flavour, allow the stew to cook on a low heat until the oil separates.
- Add vegetables like spinach, kale or courgettes for extra nutrition and colour.
- This stew keeps well in the fridge for 3–4 days and freezes beautifully.
- It's naturally high in plant protein and fibre, making it a nourishing and satisfying meal.

“ Good food brings people together.
And simple meals can be truly special.”



Indian-Inspired Nourishment

SPICES, BALANCE AND EVERYDAY COMFORT.

Indian-inspired food is a beautiful example of how everyday ingredients can be combined to create nourishing, flavourful and deeply satisfying meals. With vibrant spices, wholesome pulses, grains, vegetables and fresh herbs, these meals offer both comfort and balance.

Rooted in a long tradition of home cooking, Indian cuisine celebrates variety, plant-based ingredients and the natural power of spices. It can be simple, adaptable and accessible, making it a wonderful source of inspiration for everyday nourishment.



LENTILS AND PULSES

Lentils, chickpeas, beans and other pulses are nutrient-rich, providing plant-based protein, fibre, vitamins and minerals. They are versatile, affordable and deeply satisfying.



BALANCE

Traditional Indian meals often bring together protein-rich pulses, whole grains, vegetables, healthy fats and spices, creating meals that are both nourishing and flavourful.



MEAL-BUILDING

Start with a grain such as rice or quinoa, add a lentil or chickpea curry, include plenty of vegetables, a spoonful of yogurt or a dairy-free alternative, and finish with fresh herbs and a squeeze of lemon.



SPICES

Spices like turmeric, cumin, coriander, ginger and cinnamon add extraordinary flavour, colour and aroma, as well as natural compounds that support overall health and wellbeing.



SIMPLE INSPIRATION

Enjoy comforting dishes like dal, vegetable curries, spiced rice, chickpea stews or warm spiced tea. These meals can be adapted to your taste, using seasonal ingredients and whatever you have on hand.

“Nourishing food brings people together, creates comfort and reminds us that simple ingredients can make life richer.”

Recipe Spotlight: Simple Lentil Dal Bowl

WARM, GENTLE AND SATISFYING.

A comforting bowl of spiced lentils, served with rice or a grain, is a simple, nourishing meal that brings warmth, flavour and balance. This easy dal is packed with plant protein, fibre and aromatic spices, making it a wonderful everyday staple.



WHAT IT IS

A simple Indian-inspired dish of red or brown lentils simmered with onion, garlic, ginger, tomatoes and warming spices, creating a creamy, flavourful stew.



INGREDIENTS

Serves 2–4

1 tbsp olive oil or coconut oil
1 onion, finely chopped
3 garlic cloves, minced
1 tbsp fresh ginger, grated
1 tsp ground turmeric
1 tsp ground cumin
1 tsp ground coriander
½ tsp garam masala (optional)
1 cup red or brown lentils, rinsed
400g can chopped tomatoes
3–4 cups vegetable stock or water
Salt and pepper, to taste
Juice of ½ lemon (optional)
Fresh coriander, to serve
Cooked brown rice, basmati rice or quinoa, to serve



METHOD

- 1 Heat the oil in a large pan over medium heat. Add the onion and cook for 3–4 minutes until softened.
- 2 Add the garlic and ginger, and cook for 1 minute until fragrant.
- 3 Stir in the turmeric, cumin, coriander and garam masala (if using), and cook for 30 seconds to release the aromas.
- 4 Add the lentils, chopped tomatoes and vegetable stock. Bring to a gentle boil, then reduce the heat and simmer for 20–25 minutes, stirring occasionally, until the lentils are soft and the dal is creamy. Add more water if needed.
- 5 Season with salt, pepper and a squeeze of lemon juice, if using. Serve with cooked rice or a grain and a generous handful of fresh coriander.



WHY PEOPLE USE IT

Lentil dal is nourishing, affordable and easy to make. It provides plant protein, fibre and key nutrients, and is gentle on digestion, making it a popular meal for everyday wellbeing.



SIMPLE WAYS TO ENJOY IT

- Serve with brown rice, basmati rice or quinoa.
- Top with fresh coriander and a squeeze of lemon.
- Add a side of steamed or roasted vegetables.
- Enjoy with a dollop of natural yoghurt or a spoon of coconut yoghurt.
- Pair with a simple salad or warm flatbread.



A FEW THINGS TO NOTE

- Adjust the spices to suit your taste.
- Use red lentils for a creamier texture or brown lentils for more bite.
- Can be made in advance and keeps well in the fridge for 3–4 days.
- Freezes beautifully for a quick, nourishing meal.

“

A bowl of simple food can be both comforting and deeply nourishing.

Snacks & Smoothies

SMALL THINGS THAT SUPPORT YOUR DAY.

Snacks and smoothies can help bridge meals, keep your energy steady and support your day. They are a wonderful way to add extra nourishment, especially on busy days or when you need a little something in between.

With simple, wholesome ingredients, snacks and smoothies can be both delicious and nourishing. They don't need to be complicated — just a few good ingredients can bring variety, colour and goodness to your day.



BALANCE

Combine ingredients such as fruit, nuts, seeds, yoghurt or vegetables to create a balance of fibre, healthy fats and natural sugars for lasting energy.



KEEP IT SIMPLE

You don't need fancy ingredients. A few wholesome foods can make a delicious and nourishing snack or smoothie that fits your day.



ON-THE-GO

Snacks and smoothies are perfect for busy days. They are easy to prepare, simple to take with you and can help you stay energised and satisfied.



NO PERFECT RULE

Snacks don't have to be complex or follow a strict formula. Choose what you enjoy, what feels good for you and what supports your nourishment and wellbeing.

“

A small snack can still carry real nourishment.

Simple Snack & Smoothie Ideas

SIX EASY OPTIONS FOR REAL LIFE.

Nutritious snacks and smoothies can be simple, tasty and satisfying. These ideas are quick to prepare, use wholesome ingredients and help keep your energy, mood and wellbeing on track.

1 GREEK YOGURT WITH BERRIES

Creamy, protein-rich yogurt topped with fresh berries and a sprinkle of seeds.



PROTEIN



VITAMINS



FIBRE



2 APPLE WITH NUT BUTTER

Crisp, juicy apple with creamy nut butter for a satisfying and energising snack.



ENERGY



HEALTHY FATS



FIBRE



3 HUMMUS AND VEGGIE STICKS

A colourful mix of fresh vegetables with hummus for a crunchy, nourishing snack.



PLANT PROTEIN



FIBRE



VITAMINS



4 GREEN SMOOTHIE

A refreshing blend of leafy greens, fruit and a touch of ginger for a nutrient boost.



VITAMINS



ENERGY



FIBRE



5 BANANA OAT SMOOTHIE

Naturally sweet and creamy, with oats, banana and a hint of cinnamon.



ENERGY



FIBRE



SUSTAINING



6 TRAIL MIX

A simple mix of nuts, seeds and dried fruit for a portable, energy-boosting snack.



HEALTHY FATS



ENERGY



FIBRE



TRY THIS

Choose two simple options you could repeat this week.



The Nourishing Shopping Basket

WHAT TO KEEP ON HAND.

A well-stocked kitchen makes everyday cooking easier, healthier and more enjoyable. By keeping a selection of fresh, frozen and pantry staples on hand, you can create nourishing meals with less stress and more confidence. These simple, versatile ingredients form the foundation of a balanced, flavourful kitchen.



PRODUCE

Keep a variety of colourful fruits and vegetables on hand, such as leafy greens, tomatoes, peppers, onions, carrots, cucumbers, citrus fruits, plantain and seasonal produce. They add vitamins, minerals, fibre and natural flavour to every meal.



GRAINS

Keep wholesome grains like rice, brown rice, oats, quinoa, millet, wholegrain pasta, sorghum and yam. They provide fibre, sustained energy and a satisfying base for many meals.



PANTRY BASICS

Stock essentials such as onions, garlic, tinned tomatoes, coconut milk, olive or vegetable oil, tomato purée, stock cubes or bouillon, honey, nuts, seeds and a few tinned beans or lentils. These basics help you put meals together quickly and easily.



PROTEIN

Include beans, lentils, peas, chickpeas, eggs, fish, chicken, lean meats and plain yoghurt. These protein-rich foods keep you full, support muscle health and provide lasting energy for busy days.



FREEZER HELPERS

Frozen vegetables, fruits, fish, chicken and pre-cooked beans or lentils are convenient, nutritious options. They reduce waste, save time and ensure you always have healthy ingredients ready to use.



FLAVOUR BOOSTERS

Keep herbs, spices, ginger, chilli, peppers, lemon or lime, vinegar, soy sauce and fresh herbs. These simple ingredients add depth, aroma and excitement to everyday meals, helping you create delicious dishes with less salt and more natural flavour.

“A useful basket is one that helps you eat well again and again.”

Your Nourish O Pantry Checklist

START SIMPLE. BUILD GENTLY.

Use this checklist to stock your kitchen with nourishing, versatile ingredients. Choose what you enjoy, start with the essentials and build over time. A well-stocked pantry makes it easier to prepare delicious, wholesome meals every day.



FRUIT & VEGETABLES

Fresh, frozen or tinned options add colour, nutrients and flavour to your meals.

- ☐ Tomatoes
- ☐ Onions
- ☐ Garlic
- ☐ Bell peppers
- ☐ Leafy greens (spinach, kale)
- ☐ Carrots
- ☐ Plantain or sweet potatoes



PROTEIN

Protein-rich foods keep you fuller for longer and support energy, muscle health and overall wellbeing.

- ☐ Chicken
- ☐ Fish (fresh or frozen)
- ☐ Eggs
- ☐ Lean beef or goat
- ☐ Tofu
- ☐ Canned tuna or mackerel
- ☐ Greek yoghurt



GRAINS

Wholesome grains provide lasting energy, fibre and important nutrients for everyday meals.

- ☐ Rice (brown or white)
- ☐ Quinoa
- ☐ Oats
- ☐ Millet
- ☐ Sorghum
- ☐ Wholegrain bread
- ☐ Wholewheat pasta



BEANS & LENTILS

A great source of plant protein, fibre and minerals. Keep a mix on hand for easy, nourishing meals.

- ☐ Black-eyed beans
- ☐ Brown beans
- ☐ Red kidney beans
- ☐ Lentils (green or red)
- ☐ Chickpeas
- ☐ Split peas
- ☐ Canned beans (for convenience)



HERBS & SPICES

Herbs and spices bring flavour, tradition and powerful health benefits to your cooking.

- ☐ Ginger
- ☐ Garlic
- ☐ Turmeric
- ☐ Cinnamon
- ☐ Thyme
- ☐ Curry powder
- ☐ Paprika



HEALTHY FATS

Healthy fats add flavour, help absorb vitamins and keep you satisfied.

- ☐ Olive oil
- ☐ Avocado oil
- ☐ Coconut oil
- ☐ Groundnut (peanut) oil
- ☐ Nuts (almonds, cashews)
- ☐ Seeds (chia, flax, pumpkin)
- ☐ Tahini (optional)



FREEZER ITEMS

Frozen foods are convenient, nutritious and help reduce waste.

- ☐ Frozen vegetables
- ☐ Frozen fish
- ☐ Frozen chicken portions
- ☐ Frozen plantain
- ☐ Frozen berries or fruit
- ☐ Frozen okra or spinach
- ☐ Ice cubes (for smoothies)



“

You do not need everything at once. Start with what helps.



MY NEXT 3 SHOPPING ADDITIONS

Choose three ingredients you would like to add to your pantry soon.

- 1 _____
- 2 _____
- 3 _____

Prepare Without Stress

SIMPLE PLANNING FOR REAL LIFE.

Food should nourish your life, not add to your stress. A little preparation can make everyday meals easier, healthier and more enjoyable. With a few simple habits, you can save time, waste less food and always have something nourishing on hand, even on your busiest days.



BATCH COOK

Cook larger quantities of grains, beans, vegetables or soups to save time during the week. Having ready-to-use ingredients makes it easier to put together nourishing meals, even on busy days.



KEEP SHORTCUTS

Use pre-washed greens, frozen vegetables, canned beans, or pre-chopped ingredients when needed. These shortcuts can save time and still give you nutritious, flavourful meals without extra stress.



FREEZER FRIENDLY

Prepare extra portions of soups, stews, cooked grains or beans and freeze them in individual containers. This gives you a ready-made, nourishing meal for days when you have less time or energy to cook.



USE LEFTOVERS

Turn leftovers into new meals. Roasted vegetables can become a grain bowl, soup or wrap. Cooked grains and beans can be used in stews, salads or fried rice. This saves time, reduces waste and gives you variety without extra effort.



START SMALL

You do not need to prepare everything at once. Begin with one or two ingredients, such as cooking a pot of rice or chopping vegetables. Small steps can make a big difference and help you build a sustainable routine.



TRY THIS

Set aside one hour once a week to prepare a few key ingredients. Cook a grain, roast some vegetables, chop fresh salad ingredients and make a simple sauce or dressing. Store everything in containers in the fridge so you can mix and match quick, nourishing meals during the week.

1 hour prep
= easier meals

- ✓ Cook a grain
- ✓ Chop vegetables
- ✓ Make a sauce
- ✓ Store and enjoy!



A little preparation today creates a calmer, healthier and happier tomorrow.

Your 7-Day Nourish O Start

A GENTLE FIRST WEEK

Small, simple steps can create meaningful change. Use this 7-day guide to begin your Nourish O journey with ease and intention.



1		DAY 1 ADD A PLANT TO ONE MEAL	ACTION Include a vegetable, fruit, legume, grain or herb in one of your meals today.		REFLECTION OR MEAL IDEA How did it make you feel to add a plant to your meal? <i>Try a colourful salad, sautéed greens or fresh fruit.</i>	
2		DAY 2 DRINK MORE WATER	ACTION Aim for 6–8 glasses of water today (or more if you need).		REFLECTION OR MEAL IDEA How did your energy, mood or focus feel? <i>Infuse your water with lemon, cucumber or fresh mint.</i>	
3		DAY 3 CHOOSE A PROTEIN-RICH BREAKFAST	ACTION Include a source of protein at breakfast to help keep you full and energised.		REFLECTION OR MEAL IDEA How did it keep you feeling through the morning? <i>Try eggs, beans, Greek yoghurt, nuts or a smoothie with protein.</i>	
4		DAY 4 BUILD A BALANCED LUNCH	ACTION Include a mix of plant foods, protein and a wholegrain at lunch.		REFLECTION OR MEAL IDEA Did you feel satisfied and steady afterwards? <i>Try a grain bowl with vegetables and beans, or a nourishing stew.</i>	
5		DAY 5 TRY ONE NOURISHING SNACK	ACTION Choose a snack that nourishes you, such as fruit, nuts, yoghurt or veggie sticks.		REFLECTION OR MEAL IDEA How did this snack make you feel? <i>Try sliced fruit with nuts, hummus with vegetables or a small handful of seeds.</i>	
6		DAY 6 COOK A SIMPLE MEAL AT HOME	ACTION Prepare one simple, nourishing meal at home using whole, flavourful ingredients.		REFLECTION OR MEAL IDEA How did it feel to cook for yourself? <i>Try a simple bean stew, vegetable stir-fry or grilled fish with vegetables.</i>	
7		DAY 7 REFLECT AND LOOK AHEAD	ACTION Take a few minutes to reflect on your week and notice what felt good and helpful.		REFLECTION OR MEAL IDEA What felt supportive? What would you like to continue next week? <i>Celebrate your progress, no matter how small.</i>	

“Gentle repetition can become a nourishing rhythm.”

Your Personal Nourish O Plan

CHOOSE WHAT YOU WANT TO CARRY FORWARD.

Use this page to create your own Nourish O plan. Reflect on the ideas, recipes and inspiration in this book, and choose what feels good and realistic for your everyday life. There is no perfect plan — just simple choices that support a happier, healthier you.



MY GO-TO BREAKFAST

What I enjoy and want to make more often.



MY PLANT FOODS

Fruits, vegetables, grains, legumes and other plant foods I want to include regularly.



MY PANTRY STAPLES

Key ingredients I want to keep in my kitchen.



HOW I WANT TO FEEL

My goals for my energy, mood, health and wellbeing.



MY EASY PROTEIN CHOICES

My favourite protein sources to keep on hand.



MY HYDRATION GOAL

How much I want to drink each day and what I enjoy (e.g. water, herbal teas).



MY HELPFUL TEA OR DRINK

A nourishing drink I want to enjoy regularly.



“

*Small choices,
repeated gently,
can shape a
nourishing life.*



THREE SMALL HABITS I WANT TO KEEP

Simple habits that will help me stay nourished.

- 1

- 2

- 3

Keep Nourishing Gently

A CALM CLOSING REFLECTION.

As we come to the end of this journey together, we hope this book has inspired you to see everyday nourishment in a new light — as a practice of care, curiosity and gentle repetition.

Good food is more than just what we eat. It connects us to our roots, our people and the wisdom of generations. It has the power to nourish our bodies, lift our mood, bring people together and create moments of joy in everyday life.

There is no perfect way to eat. Nourishment is a personal journey, and it evolves with you. Keep things simple, stay curious, be kind to yourself and celebrate the small steps. Every meal is an opportunity to choose what feels good, what supports your wellbeing and what brings you closer to the vibrant, balanced life you deserve.



WHAT I AM TAKING WITH ME

Take a moment to reflect on what has inspired you. Write a few things you are taking with you from this journey — they might be ideas, recipes, new habits or a fresh perspective.



NEXT STEPS

Here are a few gentle ways to keep your nourishment journey going:

- 1 Revisit your favourite pages whenever you need inspiration.
- 2 Keep one helpful habit from this book and make it part of your everyday life.
- 3 Return to your Nourish O plan to reset, refocus or try new ideas.
- 4 Continue exploring simple meals and flavours that bring you joy.

“

Nourishment is not a destination, but a lifelong practice of care, curiosity and gentle repetition.

*With care,
Nourish O / Make Sense Logic.*