BALANCED NUTRITION FOR MAINTENANCE

Building a Sustainable Foundation

Your Logo & Tagline

What You'll Achieve This Week

- Understand the basics of a balanced diet for longterm health.
- Learn how to incorporate flexibility into your eating habits.
- Explore meal planning strategies for sustainability.
- Use tools to track and optimize your nutritional intake.

Content



Inside?



The Core of Healthy Eating



- . Macronutrient distribution:
 - Proteins for muscle repair and satiety.
 - Healthy fats for energy and brain health.
 - Complex carbohydrates for sustained energy.
- Micronutrients: Focus on nutrient-dense foods.
- Hydration: The often-overlooked key to balance.



From Restriction to Flexibility

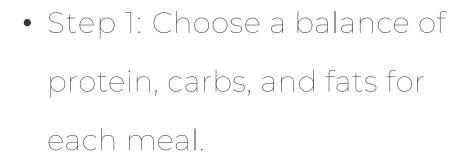
- Easing into maintenance without losing momentum.
- How to enjoy treats mindfully without guilt.
- Recognizing and honoring hunger and fullness cues.
- Journaling moments when balance feels natural.





Strategies for Success





- Step 2: Incorporate
 seasonal, whole foods for
 variety.
- Step 3: Plan around your
 lifestyle to avoid stress and
 last-minute decisions.
- Step 4: Keep snacks balanced to maintain energy.



This Week's Resources

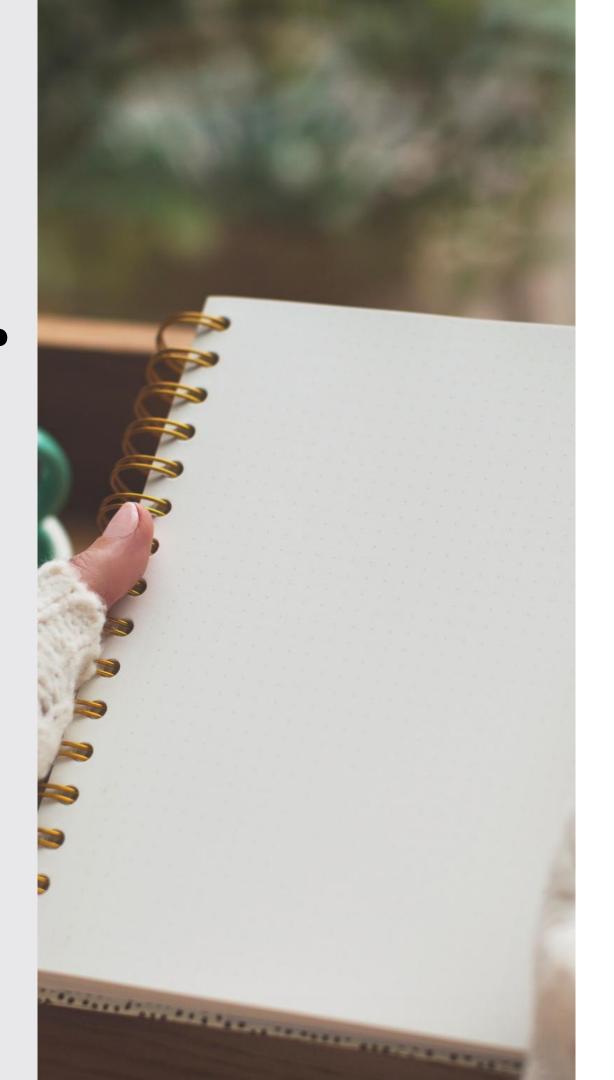


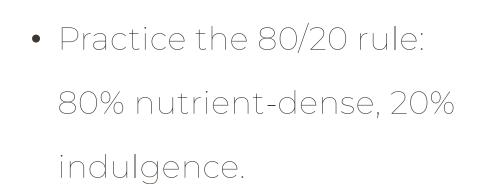
- Nutrition Tracker:
 Monitor macronutrient
 and micronutrient
 intake.
- Weekly Meal Planner:
 Plan balanced meals
 and snacks.
- Recipes Library: Explore
 easy, nutrient-dense
 meals.



Pro Tips for Long-Term Success

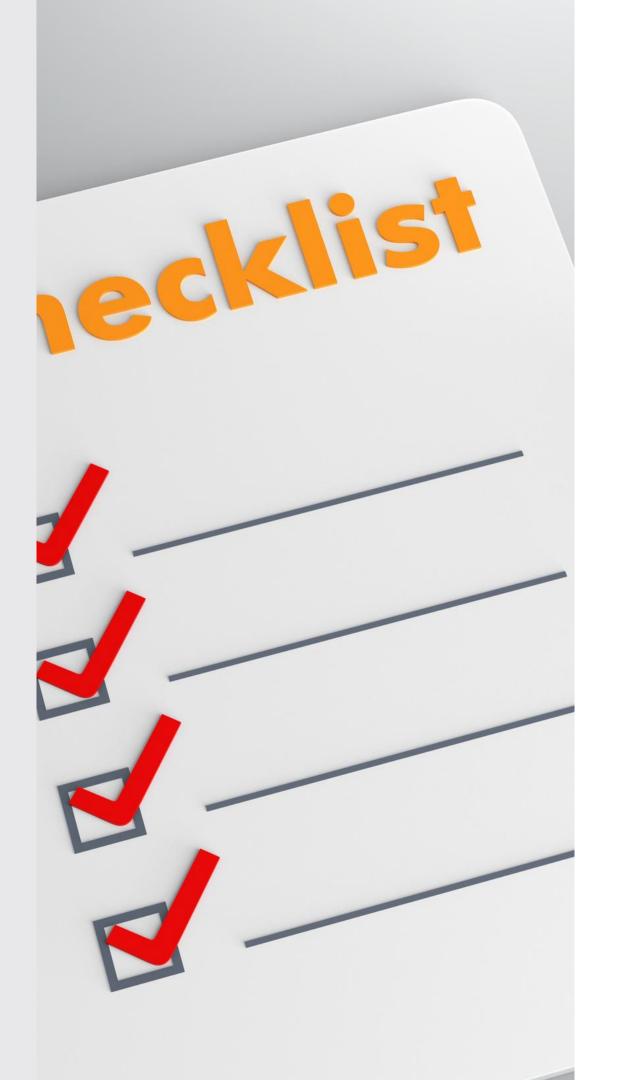






- Use intuitive eating practices.
- Prep ahead: Keep
 staples like cooked
 grains, proteins, and
 chopped veggies ready.
- Stay curious: Experiment
 with new recipes or
 cuisines.

Your Nutrition Action Plan





- Use the Weekly Meal
 Planner to create your
 menu.
- Track meals in the Nutrition Tracker to identify patterns.
- Try at least two new recipes from the library.
- Share one successful meal or snack in the community forum.



Thank You

