Nourished & Heard

FEEL HEARD. FIND CLARITY. LIVE STRONG.

My Real-Food Week

Supportive nutrition | Make nourishment easier with meals that fit your life.

Begin with your real week

Plan around your schedule, preferences, budget, and food access. Leave room for changes. This worksheet does not prescribe a diet or calorie target.

What already works

List three meals you enjoy and can prepare comfortably.

A flexible meal map

Day | Meal idea | Ingredients on hand | What I need | Backup option

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Shop with a purpose

Produce | Protein foods | Grains and starches | Pantry basics | Other favorites

Reduce one friction point

Which meal is hardest to organize? What preparation or backup would help?

Reflect with curiosity

What felt satisfying and manageable? What will I simplify next week?