

Adding, Not Taking Away

Nutrition does not have to begin with restriction. Sometimes the gentlest approach is asking what could be added to make a meal more supportive.

A meal or snack I already enjoy is...

What does it already give me?

Enjoyment, familiarity, energy, comfort, convenience?

Could I add something for longer-lasting energy?

Could I add something I enjoy for flavour or texture?

Could I add a drink?

Could I make it easier to prepare?

What additions would NOT feel manageable right now?

One small addition I would be comfortable trying is...
