

Nutrition on Low-Energy Days

Some days cooking, shopping or deciding what to eat can feel like too much. Easier nourishment still counts.

What makes food preparation difficult on low-energy days?

My easiest foods are...

Foods I can keep ready or nearby

Could someone help with shopping or preparation?

What kitchen shortcuts make things easier?

What decisions could I make in advance?

What expectations can I let go of on difficult days?

My low-energy nourishment plan is...
