



The Path to Nourishment

THE THREE PILLARS



0. Emerging

- Cravings out of control
- Relying on sugar for energy
- Grazing & snacking all day/at night
- Lacking motivation
- On and off diets
- Confused about food choices
- Lack time/energy to prep meals
- Habitual snacking - tired/bored
- Emotional eating/overeating
- Stressed
- Lack 'willpower'
- Lack consistency
- Nothing has worked

YOUR FOCUS AT THIS STAGE:

Complete the 5 Day Shift the Sugar Challenge to progress to the next stage

1. Exploring

- Quit sugar for 5 days
- Reduced refined carbs
- Cravings reduced
- Eating protein-rich snacks
- Increasing water intake
- Feeling more confident
- Concern for long term motivation
- Old habits still present
- Need direction & reassurance

YOUR FOCUS AT THIS STAGE:

Pantry purge, healthy breakfasts and hydration

2. Enthusing

- Excited about new lifestyle
- Feel positive about future
- Always eating healthy breakfast
- Frequently drinking > 1.5L water
- Enjoying cooking new foods
- Using meal plans in club
- More energy
- Better sleep
- Less bloating
- Sharing your success with others
- Stress/overeating still a worry
- Prone to make poor choices if not planned

YOUR FOCUS AT THIS STAGE:

Meal prep and planning, healthy lunches, being prepared on social occasions

3. Embracing

- No going back to old ways
- No longer 'diet'
- Able to plan own meals
- Make good choices in restaurants
- Always have a plan
- Able to eat occasional treats guilt-free
- Prioritise nourishment
- Stress can still take over
- Not always putting self first

YOUR FOCUS AT THIS STAGE:

Building in daily relaxation, self-care, movement, good sleep

4. Empowered

- Feel empowered around food
- Cravings thing of the past
- Natural joy/peace around food
- Eating well central to lifestyle
- Self-care priority
- Can happily eat treats guilt-free; often choose not to
- Eat until satisfied
- Exploring new cookery techniques eg. fermenting
- Focus on long-term preventative health management

YOUR FOCUS AT THIS STAGE:

Inspiring/mentoring others who need support, taking care of long-term health