

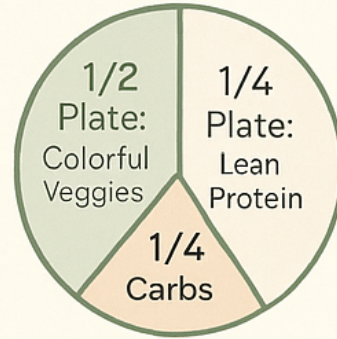
How to Build a Plate When You're Burnt Out

Simple, Nourishing Meals for When Energy is Low



Stick to the Basics

When you're exhausted, your body still needs fuel – especially from balanced, easy-to-digest foods.

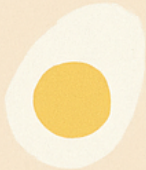


The Balanced Plate Formula



1/2 Plate: Colorful Veggies

- Steamed, roasted, or raw
- Examples, cucumbers, spinach, carrots, bell pepper



1/4 Plate: Lean Protein

- Eggs, rotisserie chicken, canned beans or tuna
- tofu



1/4 Plate: Carbohydrates

- Whole grain toast, sweet potatoes, brown rice



Hydration Counts

- Water, herbal teas or protein shakes



Add Healthy Fats

Avocado, nuts, seeds, olive oil drizzle



Hydration Counts

Water, herbal teas, coconut water



Tips to Make It Easier

- Use paper plates if dishes feel overwhelming
- Batch prep just 1 protein and 1 carb for the week
- Keep a go-to grocery list for burnout days

Done is better than perfect. Feed yourself with compassion.

You deserve nourishment – even on your hardest days.

