

## Nourish Your Body. Energize Your Life.

At **Eloheh**, we believe food is more than fuel — it's a foundation for *mindful living* and *lasting wellness*.

This one-page starter plan is designed to help you eat cleaner, feel better, and build simple, sustainable nutrition habits.

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### Daily Meal Framework

#### Breakfast

- Overnight oats topped with fresh fruit and almonds
- Whole-grain toast with avocado and a boiled egg

#### Lunch

- Quinoa and mixed greens salad with olive oil and lemon dressing
- Grilled chicken or tofu with roasted vegetables

#### Dinner

- Baked salmon or lentil stir-fry with sweet potatoes and steamed broccoli
- Brown rice or whole-grain pasta with seasonal vegetables

#### Snacks

- Fresh fruit (apple, banana, or berries)
  - Carrot sticks with hummus
  - Handful of mixed nuts
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### Hydration Goals

- Aim for **8–10 glasses** of water each day.
  - Try starting and ending your day with a full glass of water.
  - Infuse with lemon, cucumber, or mint for extra flavor.
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### Mindful Eating Tips

1. Eat slowly — notice textures, flavors, and how your body feels.
  2. Avoid screens during meals to stay present.
  3. Stop eating when you feel satisfied, not stuffed.
  4. Shop the perimeter of the grocery store for the freshest foods.
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## Eloheh Reminder

Eating whole, natural foods supports not just your body, but your **mental clarity, emotional balance, and energy** throughout the day.

Remember: small, consistent changes lead to lifelong health.

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