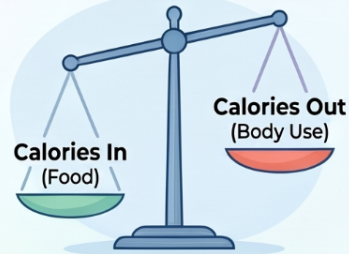


Nutrition Basics: Fuel Your Best Self

The Building Blocks of Nutrition



Calorie Balance for Weight Loss

Requires a moderate calorie deficit: consuming fewer calories than your body uses over time.



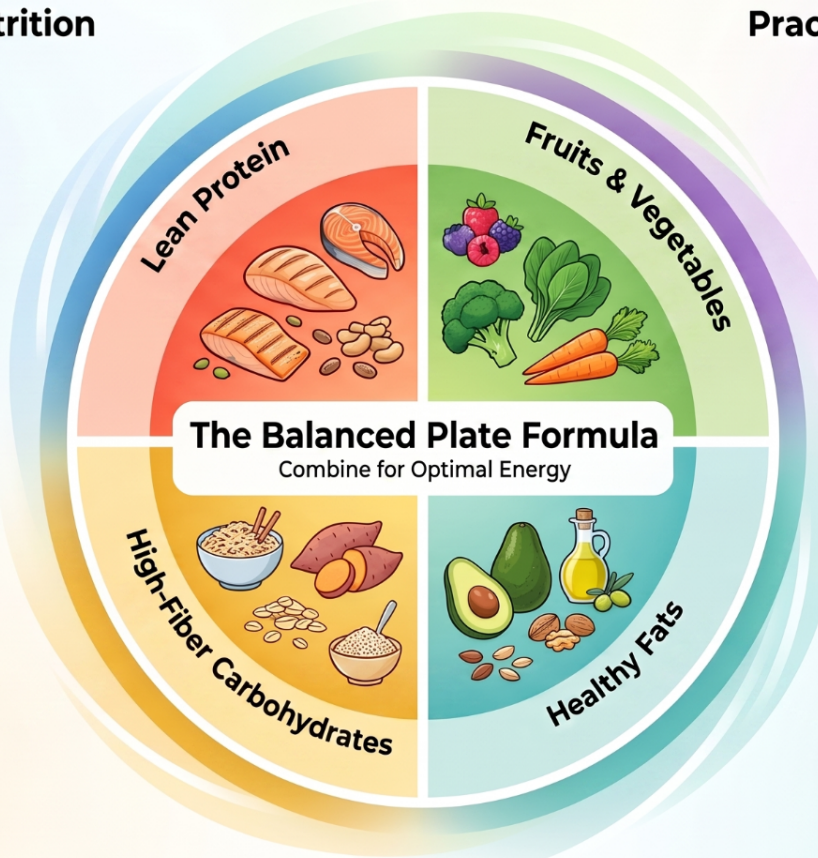
Protein Power

Supports muscle recovery



Fiber Force

Aids digestion and promotes feelings of fullness.



Practical Habits for Consistency



Simplify Meal Preparation

Start small: Prepare just 2-3 healthy meals ahead of time each week.



Prioritize Hydration

Consistently drinking water supports exercise performance, recovery, and overall digestion.



Progress Over Perfection

Use tracking tools to build awareness of your habits rather than seeking a perfect diet