

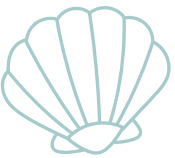
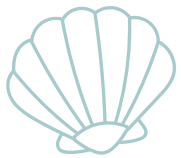


Nourished Girl



# Summer

A recipe eBook full of nourishing meals,  
mouthwatering mocktails, & reflections for  
improving your relationship with food



YOURS  
*chewly*  
NUTRITION, LLC.



by Claire Chewing

*Registered Dietitian & Certified Intuitive  
Eating Counselor*





# Hey There, friend!



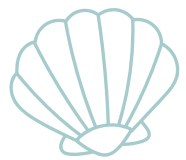
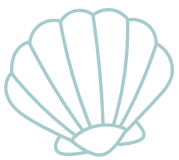
I'm so glad you're here. I'm Claire, but maybe you know me as the Dietitian behind "Nourished Girl Summer."



*Nourished Girl Summer*: A summer focused on eating enough. Eating foods that taste good + make you feel good. Having fun with hydration. And remembering that you don't have to love your body in order to nourish it + care for yourself.



This was an idea that turned into a video series (and now an eBook!) to help *any* human who wants to focus on adding IN this summer, not going down another restrictive diet spiral.



So no matter what your summer holds, I hope that you'll find some ideas here to keep you fueled, hydrated, and enjoying life. Rooting for you!



Yours Chewly,  
Claire





# A Few Notes:

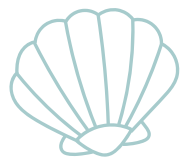
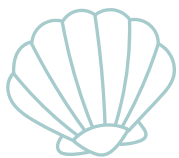


In this eBook, you'll find:

- 10 nourishing summer meal recipes
- 10 mouthwatering mocktail recipes
- 3 interactive reflection worksheets to help you build a better relationship with food this summer (and beyond)!



While this eBook is an awesome resource to have in your food/healing journey, please note that it's *not* a substitute for individualized medical, mental, or nutritional health advice.



If you'd like to check out my favorite kitchen supplies used to make many of these recipes come to life, [click here to be directed to my Amazon storefront.](#)



Now...let's get started!





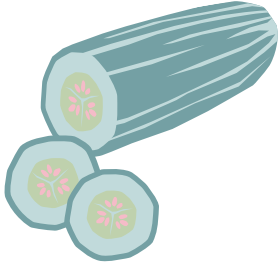
# Part 1: Nourishing Summer Recipes



# Pearled Couscous Salad

---

## Ingredients:



1 Box pearled couscous

1 Large cucumber, diced

3/4 c sun-dried tomatoes

1/2 of a large red onion, diced

1/2 c Kalamata olives, halved or quartered

1/2 c Banana peppers, diced

1/2 c Feta cheese

Sprinkle of chopped fresh parsley

Generous drizzle of vinegar or citrus-based dressing  
of choice

Seasonings, measure to taste: garlic powder, salt,  
black pepper, and crushed red pepper

- Cook couscous according to directions on box and chop veggies.
- Add chopped veggies to a bowl along with cooked and cooled couscous.
- Sprinkle in cheese, seasonings, and drizzle dressing.
- Toss and serve chilled or store for later!

# Switch it Up!

Not a fan of some of the veggies in this recipe? No worries! Swap them out for any veggie you like (really, I mean it...anything goes here). Jarred artichoke hearts are a great addition if you're looking for more flavor and texture.

You can enjoy this dish on its own, as a topping for leafy greens (love it on top of a salad), or as a side dish for poultry or seafood.

Balsamic glaze is also a super tasty topping/drizzle for this dish!

# Turkey Pesto Wrap

*Makes one wrap*



## *Ingredients:*

- 1 whole wheat flour tortilla
- 2 tsp. jarred basil pesto
- 3 Slices turkey breast
- 2 slices fresh mozzarella cheese
- Tomato, sliced
- 2-3 fresh basil leaves
- Salt & pepper to taste
- Balsamic glaze drizzle



- Load all ingredients towards one end of the tortilla and drizzle ingredients with balsamic glaze.
- Start at ingredient end and roll tortilla into wrap form while tucking in the sides halfway through
- Cut in half and enjoy!

# Peach & Corn Salad

---

Serves two

## Ingredients:

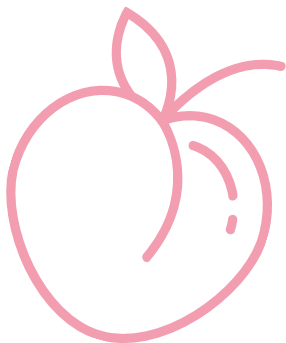
- 2 cups Baby spinach
- 2 cups Baby arugula
- ½ cup frozen roasted corn (sauté to warm)
- ½ red onion, diced
- 3 jarred peach halves, sliced
- ¼ cup Cotija cheese, crumbled



## Dressing:

- 1 Tbsp Dijon mustard
- 1 Tbsp Mayo
- 1 lime, juiced
- 1 Tbsp peach juice
- Pinch of fresh basil, ribboned
- Pinch of fresh parsley, ribboned
- Salt & pepper to taste

Protein addition suggestions: tofu, chicken, shrimp, or black beans



- Add spinach, arugula, corn, onion, peaches, and cheese to a mixing bowl. Set aside.
- To a small mason jar add all dressing ingredients. Shake to combine and drizzle over salad ingredients. Toss and serve!



# Spicy Cauliflower + Chickpea Wraps

*Mixture will make 4-5 wraps*

## *Ingredients:*

1 can chickpeas, rinsed + drained  
1 head of fresh cauliflower  
1/2 c hot sauce of choice  
1/4 c olive oil  
2 Tbsp Ranch seasoning  
Black pepper to taste  
Wraps of your choice  
Optional: dill pickle chips

## *Spread, Mix:*

1/2 c plain Greek yogurt  
Half of a lime, juiced  
1 Tbsp ranch seasoning  
Black pepper to taste



- Roughly chop cauliflower into small pieces and place in a mixing bowl along with rinsed and drained chickpeas.
- Toss in olive oil, hot sauce, and seasonings.
- Roast on 375F for ~20 min or until cauliflower pieces are fork tender.
- Return roasted mixture to mixing bowl and mash until chickpeas are smashed.
- Spread yogurt mixture onto wrap before loading with cauliflower + chickpea mixture. Top with pickles if desired and wrap!
- Store leftover roasted veggie mixture in an air-tight container and use for quick future wrap assembly.

# Baked Boursin & Tomato Pasta

## *Ingredients:*

1 box Barilla protein pasta (or pasta of choice)

1 package Boursin garlic & herb cheese

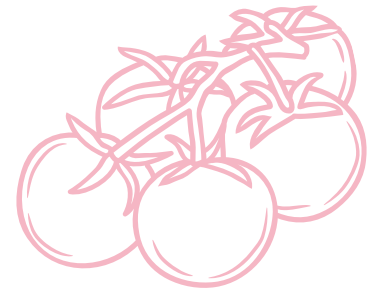
5-6 garlic cloves, peeled

2 c cherry tomatoes

1, 10 oz bag frozen spinach

1/4 c olive oil

Parmesan cheese, grated



*Seasonings to taste:* dried or fresh basil, oregano, garlic salt, black pepper

- Add Boursin cheese, garlic, and tomatoes to baking dish.
- Drizzle with olive oil & sprinkle seasonings to taste.
- Place baking dish in oven @ 375F for 25-30 min or until cheese is bubbly and tomatoes are tender.
- Cook pasta according to directions on box (be sure to save ~3/4 cup pasta water).
- Sauté spinach on stove top with a drizzle of olive oil.
- After removing baking dish from oven, mash tomatoes, add pasta water, and stir to combine.
- Add pasta and sautéed spinach to a big dish and toss with tomato mixture.
- Top with parmesan cheese and serve warm!

# Switch it Up!

Not a fan of tomatoes?

You could give this dish a try with roasted red peppers (jarred or dice up your own red peppers, toss in olive oil, and throw in the baking dish with the other ingredients).

This recipe was inspired from the viral baked feta pasta online, so you could also use feta as the cheese if you'd prefer something more tangy.

If you'd like to add more staying power to this dish, top it with grilled chicken or shrimp!

# Summer Sunshine Salad

---

Serves two

## Ingredients:

2 cups baby spinach

2 cups arugula

3 jarred peach halves, sliced

1/4 c red onion, diced

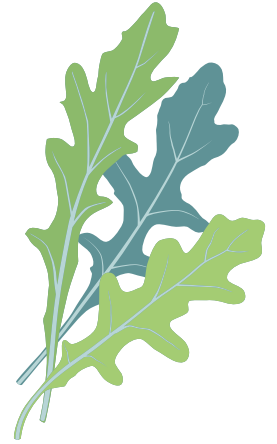
1/4 c goat cheese, crumbled

1/4 c chopped walnuts, pecans, or pistachios

1/4 c golden raisins

**Peachy citrus dressing:** 4 Tbsp olive oil, juice of one lemon or lime, 1 Tbsp whole grain dijon mustard, 3-5 Tbsp peach juice from jar, salt and pepper to taste

Protein addition suggestions: tofu, chicken, shrimp, or roasted chickpeas



- Add salad ingredients to a mixing bowl.
- Place dressing ingredients in a mason jar and shake until combined.
- Drizzle dressing on salad and toss before serving.

# Switch it Up!

Not a fan of peaches?

Consider topping your salad with berries instead! Strawberries, blueberries, blackberries, and raspberries can all work here.

For the vinaigrette: Swap out peach juice for a few crushed berries of choice *or* a Tbsp of your favorite jam or jelly.

For added staying power with this salad, I recommend adding a protein and a tasty carb on the side (toasted baguette, anyone?)

# Hidden Veggie Sauce



## *Ingredients:*

1 Bell pepper

1 Onion

1 Zucchini

1 bulb fresh garlic

1 c cherry tomatoes

Handful of carrots

1 c chicken or veggie stock

Dash of heavy cream (optional)



Seasonings to taste: garlic salt, black pepper, dried basil + oregano, crushed red pepper (optional)

- Chop off top of garlic bulb, drizzle with olive oil, and wrap in tin foil. Place in oven at 375F ~ 10 min before other veggies.
- Roughly chop remaining veggies, add to a baking sheet, and toss in olive oil + spices. Roast until fork tender (about ~30 min).
- Remove roasted veggies and garlic from oven and add to a blender or food processor with veggie stock and a dash of cream. (You'll have to let the roasted garlic bulb cool a bit before you're able to squeeze it into the blender).
- Blended into a hidden veggie pasta sauce *or* into a soup by adding more stock/cream.

# Switch it Up!

Consider adding silken tofu into to the blended mixture - this would be a great way add more protein without having to cook a meat or seafood. This would also make the mixture creamy without dairy!

This pasta sauce is a great way to add flavor to a rice bowl, meatball sub, or a soup for dipping sandwiches.

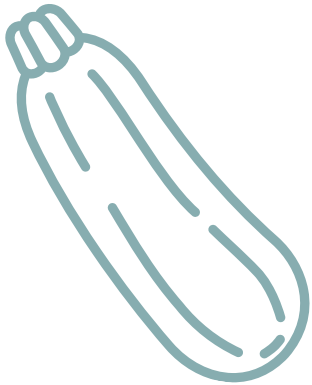
Since the veggies are hidden, it's also a great way to infuse some nutrient density into meals for picky eaters!

# Stuffed Zucchini Boats

---

## Ingredients:

- 2 medium zucchini
- 1 pound ground beef
- 2 cups preferred marinara sauce
- 1/2 cup mozzarella cheese, shredded
- 1 Tbsp olive oil
- 1/2 sweet onion, diced
- 1 garlic clove, minced
- 1 Tbsp parsley, chopped
- Italian seasoning to taste
- Salt and pepper to taste

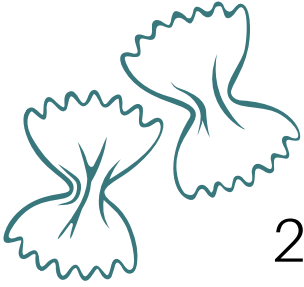


- In sauté pan, cook beef, drain, and set aside.
- In saucepan, add olive oil and onion. Sauté for ~5 min. Add garlic and sauté another 5 min. Add marinara sauce & all herbs + seasonings and simmer for 5-10 min.
- Cut zucchinis in half lengthwise, cut off ends, and use a spoon to gently scoop out the insides to create "boats".
- Distribute the meat between zucchini boats and top with sauce. Sprinkle with cheese & bake in oven at 375F for 25-30 min.
- Pairs well with a toasted baguette or a side of pasta!



# Chicken Caesar Pasta Salad

*Makes several servings--great to prep at the start of the week and use for a few different meals!*



## *Ingredients:*

- 1 package bowtie pasta, cooked
- 2 chicken breasts, cooked & shredded
- 2-3 cups romaine lettuce, chopped
- 2 cloves grated fresh garlic
- 1/2 cup parmesan cheese, shredded
- 1 lemon, juiced
- 1 cup caesar salad dressing of choice
- Salt & pepper to taste
- Croutons to top

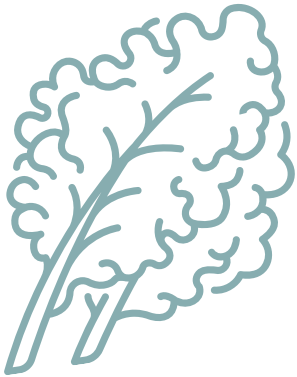


- Cook pasta according to the instructions on the box and let cool.
- Cook and shred chicken breast. To make things even easier, consider using a pre-cooked rotisserie chicken.
- Add pasta, chicken, lettuce, cheese, lemon juice, dressing, and seasonings to a large mixing bowl.
- Toss and top with croutons before serving.

# Kale & Farro Salad

---

Makes 2-3 servings



## Ingredients:

- 3/4 c farro, dry
- 1.5 cups kale, roughly chopped
- 1 Tbsp lemon juice
- Pinch of salt
- 1 cup spinach, roughly chopped
- 1/3 cup scallions, thinly sliced
- 1/3 cup dried cranberries
- 1/3 cup pecans, toasted & chopped

## Dressing:

- 3 Tbsp lemon juice
- 2 Tbsp olive oil
- Salt & pepper to taste
- Italian seasoning, garlic & onion powder to taste



- Cook farro according to directions on package, drain, & place in refrigerator to cool.
- In a large mixing bowl, massage chopped kale with lemon juice & a pinch of salt (this helps tenderize the kale and reduce some of the bitter flavor).
- To that same bowl, add spinach, scallions, cranberries, pecans and cooled farro.
- Place all ingredients for dressing in mason jar and shake until combined.
- Drizzle dressing on salad, toss, and serve!



# Part 2: Mouthwatering Mocktail Recipes

*all recipes in this section make 2 drinks*

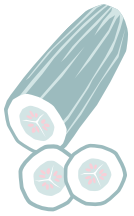
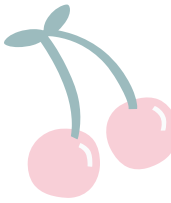




# A Note About Simple Syrup:



Some of the following recipes call for simple syrup. You can purchase simple syrup online or at your local grocery store, but it's also really easy to make.

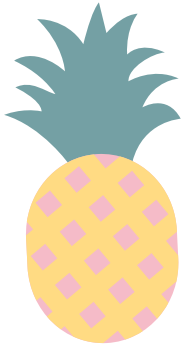


I make mine by dissolving equal parts sugar in water (i.e. 1/2 c sugar, 1/2 c water). You can do this on the stovetop by adding the sugar to the water, heating, and stirring gently until the sugar dissolves. However, I think the easiest way to do it is to bring water to a boil in a microwave-safe measuring cup and immediately add the sugar, stirring until it dissolves.



Then, pour into a jar with a lid and store in the fridge to keep on hand for all of your mocktail-making endeavors!





# Piña Co-nada



## *Ingredients:*

1.5 c frozen pineapple chunks

1/2 c coconut milk

1/2 c coconut water

1 lime, juiced

**Garnish:** Unsweetened coconut flakes &  
1 lime round per serving glass

- Add pineapple, coconut milk, coconut water, & lime juice to blender
- Blend until smooth
- Add ice and fruit garnish to 2 serving glasses
- Pour blended mixture over ice
- Garnish each glass with a lime slice & enjoy!

## *Nutritional highlight:*

Limes are a good source of active compounds that act as antioxidants & can help protect against certain illnesses & disease. Limes also have high levels of vitamin C & hints of other nutrients like iron, calcium, vitamin B6, thiamine & potassium.

# Strawberry Basil Tea Cooler

## Ingredients:

1/2 c strawberries (fresh or frozen will work, but if using frozen thaw first)



12 oz. brewed strawberry hibiscus tea, cooled

1 lime, juiced

6-8 fresh basil leaves

Garnish: 1 lime round and fresh basil leaf per glass

- To a cocktail shaker add strawberries, lime juice, and basil leaves
- Muddle! [Pro Tip: use the back of a wooden spoon if you don't have a muddler]
- Pour brewed, cooled tea to shaker and add ice. Shake for about 10-15 seconds.
- Fill two serving glasses with ice and divide contents of shaker evenly.
- Garnish each glass with a lime round and fresh basil leaf

## Nutritional highlight:



Basil is a leafy green herb that is part of the mint family. 1 Tablespoon of fresh sweet basil leaves, chopped, provides a significant source of vitamin K (about 13% of your Recommended Dietary Intake, or RDI).

# Spicy Pomegranate Margarita

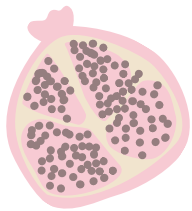


## Ingredients:

1 can (about 12 fl oz.) Health-Ade Pomegranate kombucha

2 shots pomegranate juice

4 shots jalapeño limeade (regular limeade will also work if you don't like spicy drinks)



1 lime, juiced

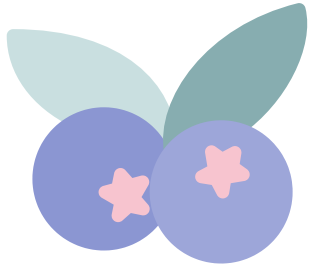
Garnish: 1 lime round per glass

- Add ice to both serving glasses
- To each glass, add 1 shot pomegranate juice, 2 shots of limeade, and the juice of half of a lime
- Top each glass with pomegranate kombucha and stir
- Garnish both with a lime round & enjoy!

## Nutritional highlight:

Pomegranate seeds, also called arils, are high in fiber compared to pomegranate juice alone. You could use them as a garnish on this mocktail if desired! Pomegranates are a great source of vitamins (C & B9- folate) & minerals (magnesium, phosphorus, potassium).

# Blueberry Faux-jito



## Ingredients:

3/4 c frozen blueberries, thawed

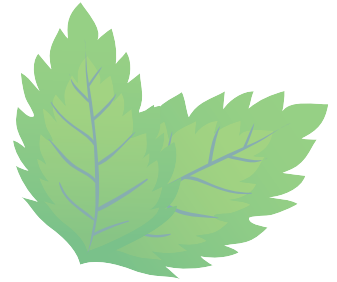
1 lemon, juiced

6-8 fresh mint leaves

2 shots simple syrup

1, 12 oz. can blueberry lemon seltzer water

Garnish: blueberry, lemon slice, fresh mint leaf



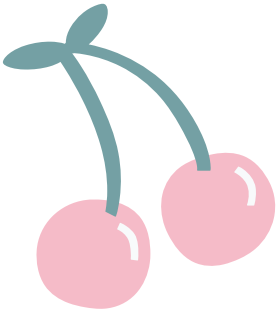
- Add thawed blueberries, mint, lemon juice, & simple syrup to a shaker bottle
- Muddle!
- Add ice to shaker glass & shake for 10-15 seconds, or until glass is cold to the touch
- Pour strained mixture over ice, dividing it evenly between two serving glasses
- Top each glass with seltzer water, lemon slice, a few frozen blueberries, & a fresh mint leaf, if desired

## Nutritional highlight:

Blueberries are a wonderful source of beneficial plant compounds like fiber, vitamins & antioxidants. Additionally, blueberries have a relatively high water content (>80%), so adding them into a meal or snack can provide extra fluids to your day!



# Cherry Limeade



## Ingredients:

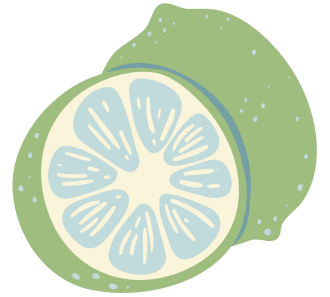
1/2 c frozen cherries

3/4 c black cherry juice

2 limes, juiced

1, 12 oz. can lime seltzer water

Garnish: 1 lime slice per serving glass

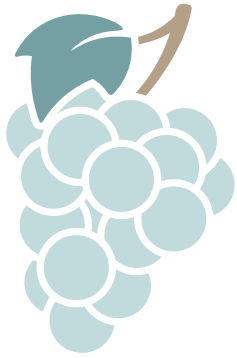


- Divide frozen cherries evenly between two serving glasses filled with ice
- Add 2 shots of cherry juice & juice of one lime to each glass
- Top each glass with lime seltzer water & gently stir
- Garnish glass with lime slice & enjoy!

## Nutritional highlight:

Cherry juice contains a plant chemical called anthocyanin. Anthocyanins help promote anti-inflammatory processes in our bodies. Look for juices that specify "100% juice" on the label & consider tartness. Generally, the more tart the cherry juice, the higher in anthocyanin content it is.

# White Peach Sangria



## Ingredients:

1/2 orange, juiced

1/2 lemon, juiced

1 peach, diced

3 shots white grape juice

1, 12 oz. can of orange or peach flavored seltzer water



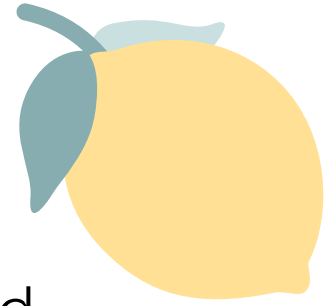
Garnish: handful of diced peaches & one orange slice per serving glass

- Add orange juice, lemon juice, half of the diced peach, and grape juice to shaker
- Muddle until peach is fully smashed
- Add ice to shaker and shake for 10-15 seconds
- Pour strained mixture evenly between two serving glasses filled with ice
- Top each glass with seltzer water & garnish with peach + orange slices

## Nutritional highlight:

Peaches are rich in vitamin C, vitamin B3, magnesium, phosphorus, copper, and antioxidants. Generally, the riper and fresher the peach, the higher the antioxidant content!

# Ginger Lemoneade



## Ingredients:

- 1 lemon, juiced
- 2 shots simple syrup
- 1 cm cube fresh ginger, peeled
- 1/2 c plain water
- 1 can (about 12 fl oz.) Health-Ade ginger lemon kombucha

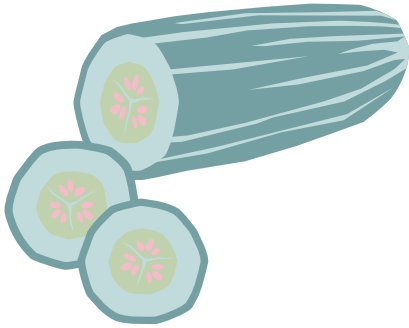
Garnish: 1 lemon slice per serving glass

- Add lemon juice, simple syrup, ginger cube & water to blender. Blend until smooth.
- Pour blended mixture equally between two serving glasses filled with ice
- Top each glass with ginger lemon kombucha (can sub ginger ale if desired)
- Garnish each serving glass with a slice of lemon

## Nutritional highlight:

Kombucha is a fermented tea that contains live microorganisms. Kombucha may also contain probiotics, which are live microorganisms that, when consumed in adequate amounts, confer a health benefit on the host (that's you)! Think of probiotics as "good guys" for your gut.

# Cucumber Mint Cooler



## Ingredients:

1 lime, juiced  
5-6 fresh mint leaves  
1 shot simple syrup  
1.5 c cucumber water



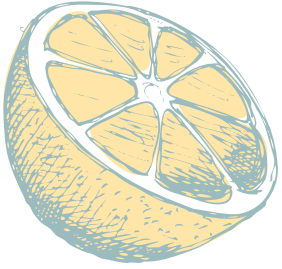
Garnish: 1 lime slice & fresh mint leaf per serving glass

- A few hours before making the drink, add 1 c diced cucumbers to a 16 oz. mason jar & fill with water. Seal & let sit in fridge.
- When time comes to assemble the drink, add lime juice, mint leaves, simple syrup to shaker & muddle.
- Add ice to shaker glass & shake for 10-15 seconds
- Pour mixture evenly over two serving glasses with ice
- Top each glass with cucumber water & stir
- Garnish each serving glass with a lime slice & fresh mint leaf

## Nutritional highlight:

Mint can be found in fresh and dried forms, & it is often known for its cooling effect. Mint can also have a physical & emotional calming effect for some individuals! When enjoying this mocktail, consider taking a moment to appreciate the calming aroma!

# Sunrise Chaser



## *Ingredients:*

2 c orange juice (or 6-8 oranges if you'd like to juice them yourself)  
1, 12 oz. can orange seltzer water  
~ 2 Tbsp. grenadine

Garnish: 1 orange wedge per serving glass

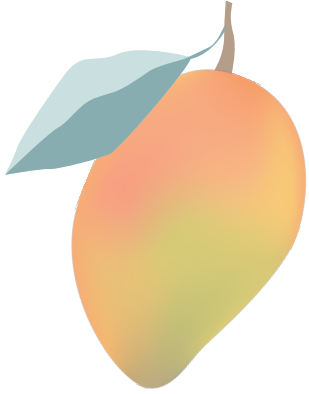
- Fill two serving glasses with ice and pour 1 c orange juice into each
- Top each glass with orange seltzer water (optional, can leave out if you don't like bubbles)
- Place a spoon against the inside edge of each glass & pour about 1 Tbsp. grenadine down the back of the spoon for each drink (goal: grenadine settles to bottom of glass, giving the drink a "sunrise" look)
- Remember, don't mix it!

## *Nutritional highlight:*

Orange juice is a great source of vitamin C and water. When making this mocktail, consider snacking on the remaining pieces of orange slices. The pith (otherwise thrown away when juicing) contains fiber that can aid in digestive regularity & gut health.

# Mango Mule

## Ingredients:



- 1 c frozen, diced mango
- 1/2 cup water
- 1, 1 cm cube ginger root, peeled
- 2 limes, juiced
- 1, 7.5 oz. can ginger beer



Garnish: 1 lime slice per serving mug

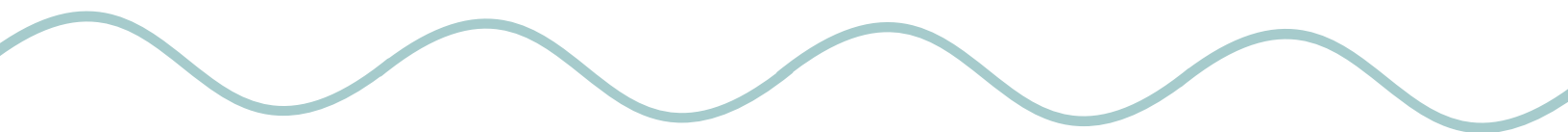
- Place frozen mango in a mug & microwave for ~45 sec or until soft (can also use fresh mango & skip this step)
- Add mango, water & ginger root to blender & blend until smooth
- Fill two copper mugs (or regular serving glasses) with ice and pour blended mixture on top. Squeeze one lime into each mug & top with ginger beer, about 3.5-4 oz/glass
- Garnish each mug with a slice of fresh lime

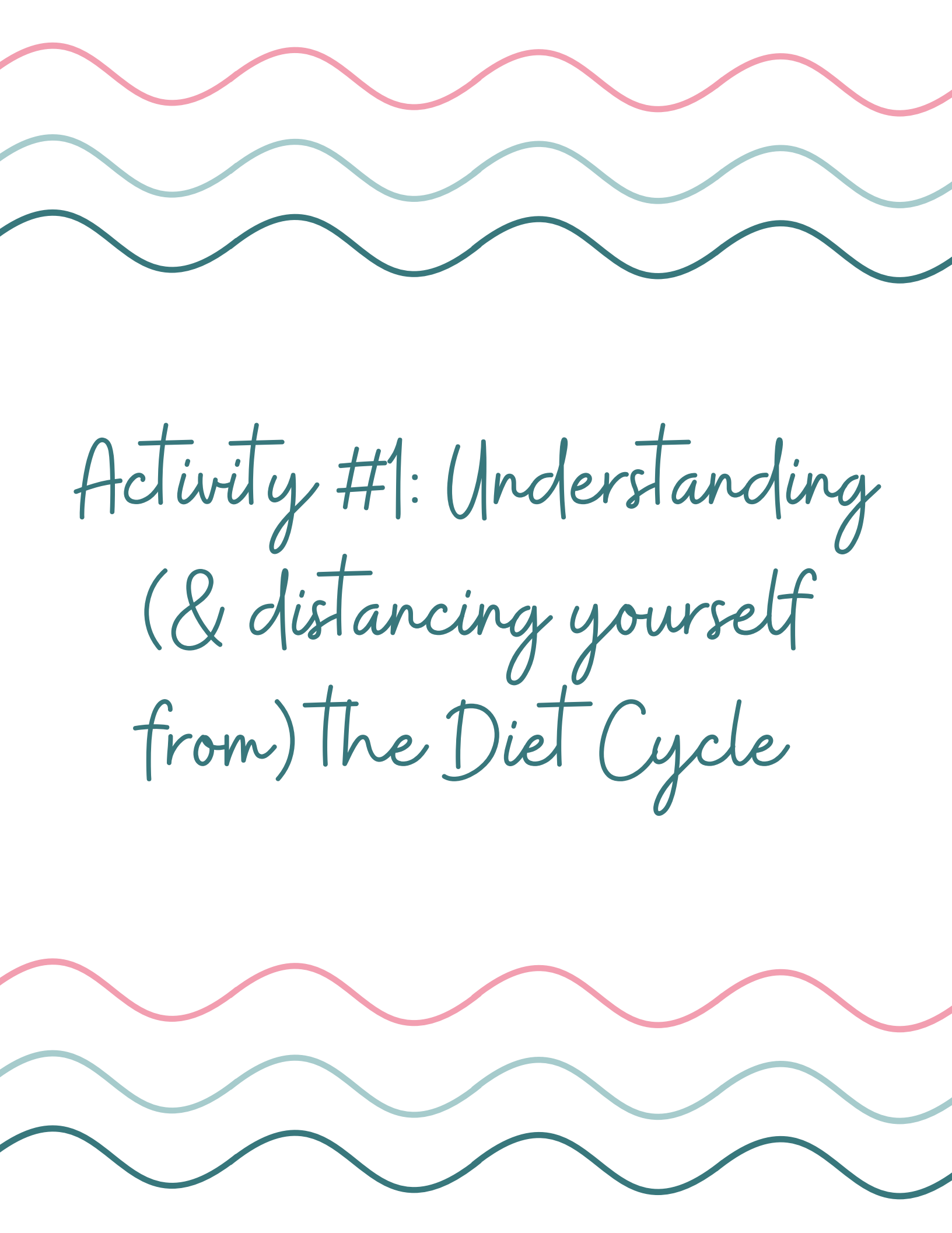
## Nutritional highlight:

Ginger root and ginger based beverages such as ginger beer, are commonly known to help relieve symptoms of upset stomach, nausea, & indigestion. The cube of fresh ginger added in this recipe is also a good source of fiber!



Part 3: Reflections +  
Activities for a Better  
Relationship with Food



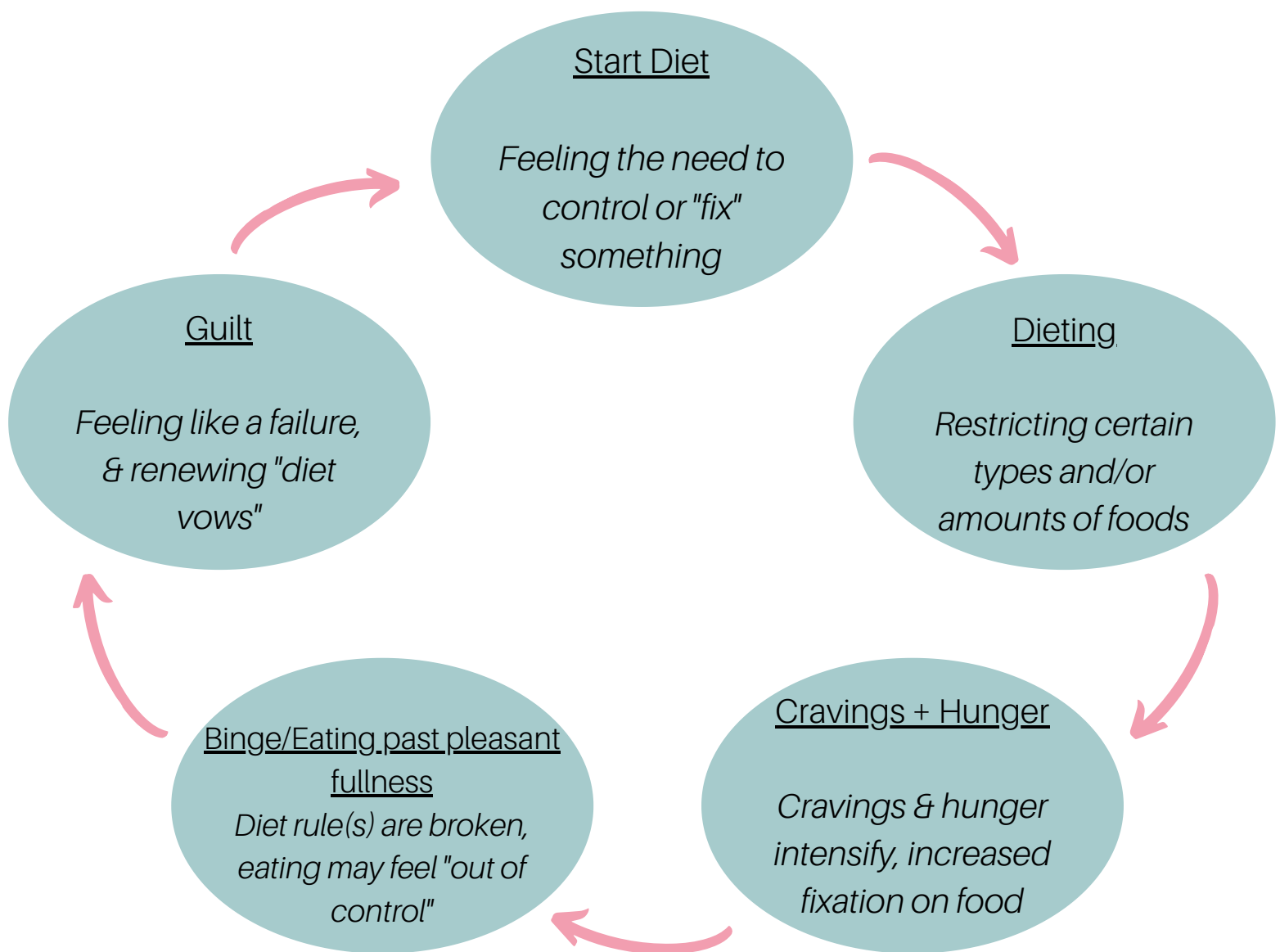


Activity #1: Understanding  
(& distancing yourself  
from) The Diet Cycle




# The Dieting Cycle


Below is a graphic of the dieting cycle. Do any of these steps look or feel familiar? If so, you're not alone. And it's not your fault that this cycle will repeat itself over and over again, failing to ever "fix" the problem or discomfort that motivated you to begin this cycle in the first place.




Once you've read through each step in the cycle, proceed to the next page for some reminders and reflection points.

# The Dieting Cycle: Reminders


 If you've ever found yourself in this repetitive cycle of failed diet after failed diet, know that you are *not* the problem. You didn't fail on the diet, the diet failed you. There is no "winning" in a system, program, or set of rules that was never going to work or be sustainable in the first place.

 Any feelings you have surrounding your experience in the dieting cycle are valid. It's okay to feel frustrated, wronged, sad, shameful, etc. Diets position themselves as the "key" to more happiness, control, acceptance, health, and much more...so it makes sense to feel upset about diets failing to deliver on those promises (especially if they've taken years of your life, energy, money, and more).

 You cannot exit the diet cycle by beginning a new diet--*even* if said new diet brands itself as "different" or "not like the other diets."

## Reflections:

- How would you describe your experiences with dieting?
- Think about the promises the diet(s) you've been on have made. Did the diets deliver on those promises in ways that were sustainable and enjoyable?
- What are your reason(s) for wanting to seek out a diet? (These could be current reasons or past ones). What might it look like to navigate those discomforts or desires *without* turning to behaviors that have a negative impact on your physical, mental, and emotional health?



Activity #2: Exploring Your  
Unique Hunger, Fullness, &  
Satisfaction Cues

# Interoceptive Awareness

Getting to know your body's hunger + fullness cues is a practice of interoceptive awareness.

Interoceptive awareness (IA) is the ability to perceive physical sensations happening inside the body. A few examples of interoceptive awareness you may be familiar with include:

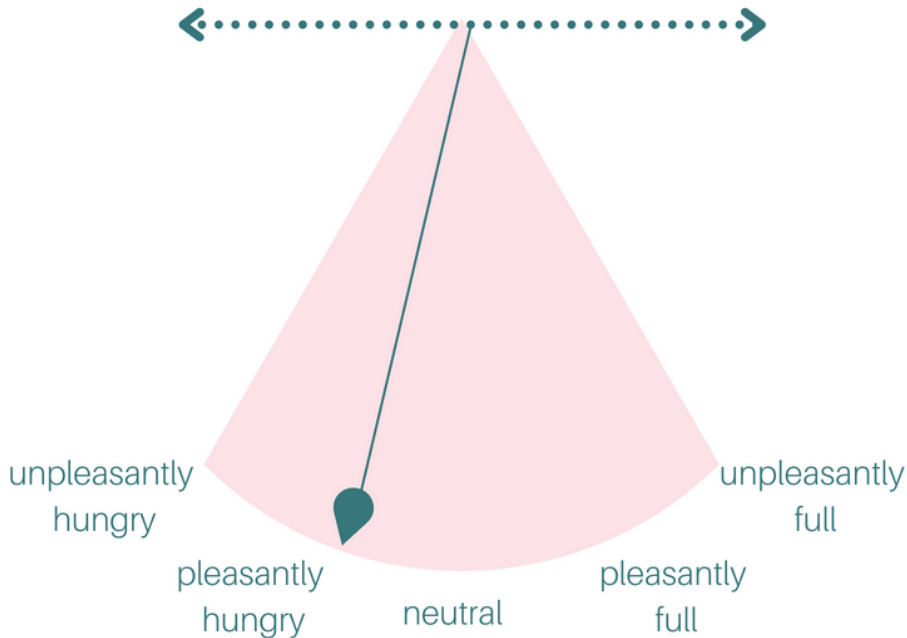
- Noticing a feeling of fullness in your bladder that signals to your brain, "I need to use the bathroom!"
- Noticing a feeling of emptiness in your stomach, a fogginess in your mind, and/or a drop in energy that may signal to your mind, "I'm hungry and need food!"
- Feeling your heart rate increase when you feel nervous or anxious.

The interesting thing about IA is that it only happens in the *here and now*. This means that learning to tune into the present moment is important when it comes to connecting with any feelings, cues, and signals your body might be sending you. The more you can get curious and familiarize yourself with how different food-related cues feel in your body, the more trust and confidence you can build in your relationship with food over time.

It's important to note that becoming more aware of your body's cues is a *practice*. There are many things that can make tuning into and trusting your body challenging (i.e. a history of dieting, an eating disorder, chronic illnesses, other forms of trauma, etc). Try to be kind and patient with yourself as you're experimenting with the following tools. This practice takes time!

# The Pendulum Analogy.

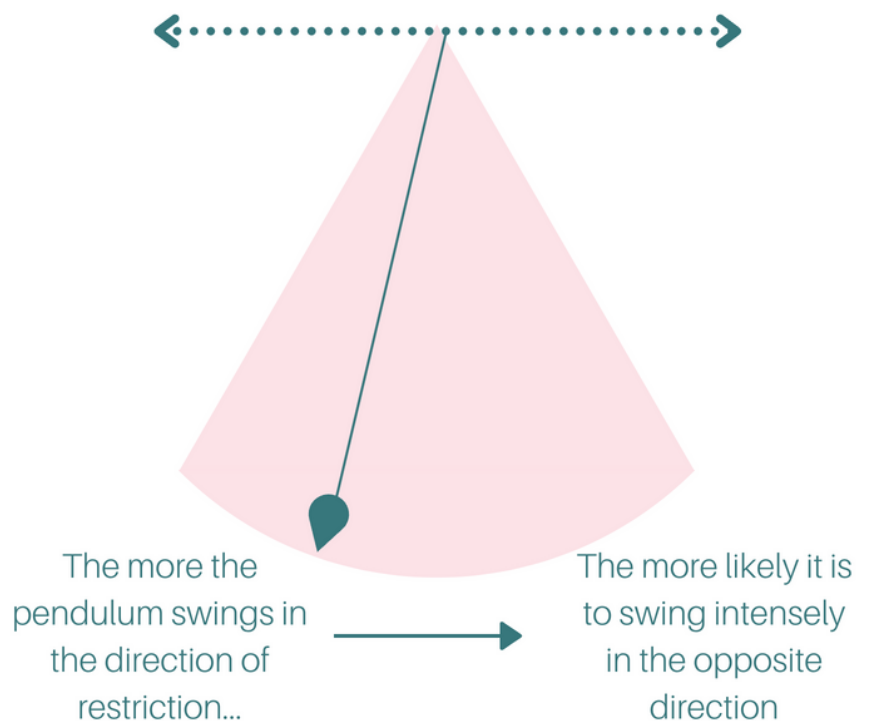
## The Hunger + Fullness Pendulum



You may find it helpful to view your body's hunger + fullness cues as a pendulum that swings back and forth throughout the day. When the pendulum is pulled far to the left, it will swing far to the right once released.

@CLAIRECHEWNING

## The Hunger + Fullness Pendulum



After long periods of time without food, you're more likely to end up having a chaotic eating experience that leaves you feeling unpleasantly full. Restrictive behavior (intentional or not) leads to bingeing behavior. This is *not* because you lack willpower. This is your body's natural response to restriction!

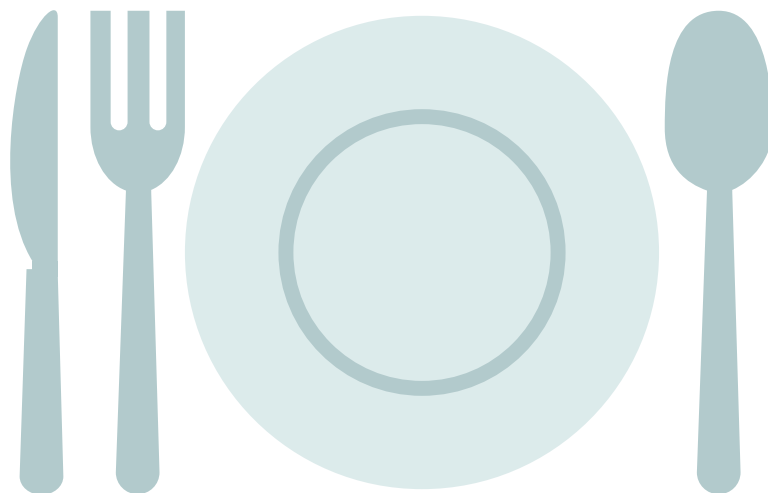
@CLAIRECHEWNING

# The Hunger Awareness Scale

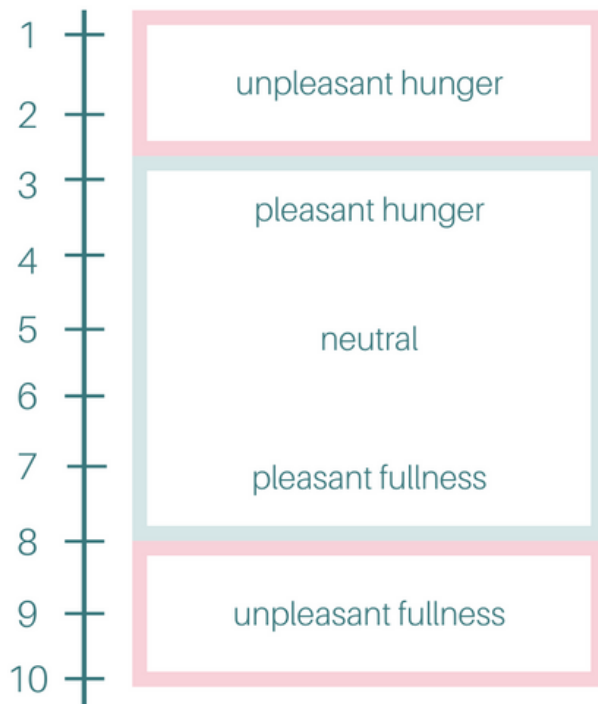
The Hunger Awareness Scale is a tool to help you get curious about what level of hunger or fullness you might be experiencing in a given moment. The more familiar you become with your body's unique appetite cues, the more pleasant you'll feel before, during, and after eating.

It's important to note that there are *plenty* of times you will eat outside of your hunger + fullness cues. This is okay and to be expected. Learning how to identify your body's cues is important, but body cues are *not* the only things to consider when making food decisions--especially if you're someone who doesn't experience consistent body cues!

Check out the following visuals to help you understand what the Hunger Awareness Scale is, how you might feel at each stage, and how you might speak to yourself when you're experiencing certain cues.



## The Hunger Awareness Scale



@CLAIRECHEWNING

What parts of this scale have you experienced before?

Which cues do you find harder to recognize, hunger or fullness cues?

## What You Might Feel...

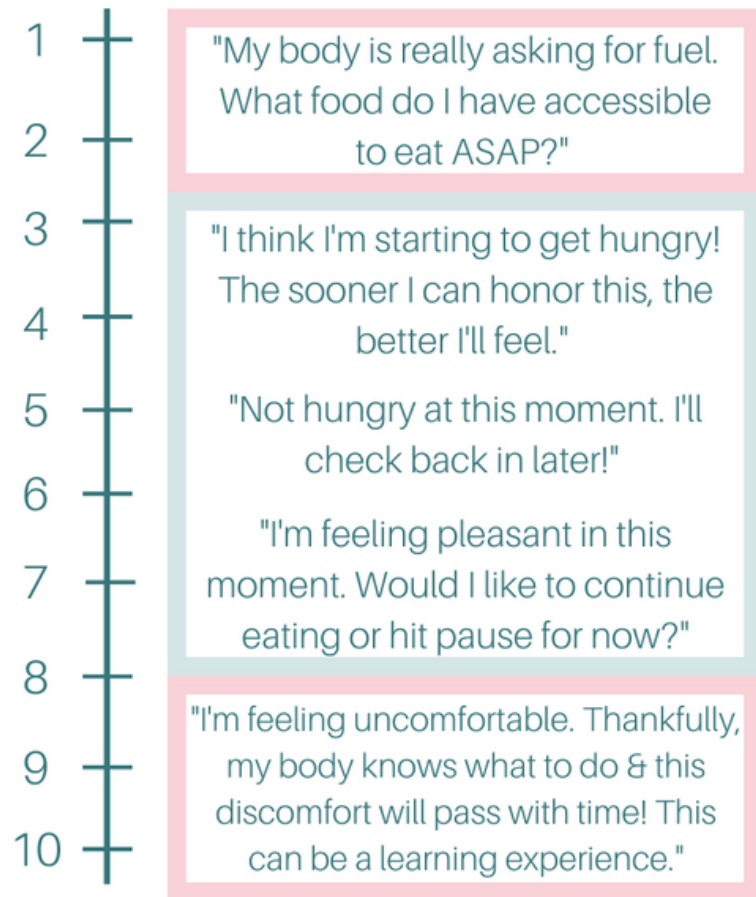


@CLAIRECHEWNING

The sensations listed on the left are just examples. They may or may not resonate with you and that's okay.

Have you experienced any of these feelings before? What would you add to this list?

## What You Might Say To Yourself...



@CLAIRECHEWNING

How you speak to yourself is important. Can you use some of these examples to help you speak kindly + compassionately towards yourself as you're learning your body's cues?



# Setting Intentions

How would you like to use the tools we covered in this activity? Feel free to use this page to brainstorm 1-3 intentions related to The Pendulum Analogy, The Hunger Awareness Scale, and/or your self-talk surrounding body cues. When setting these intentions, try to stay away from all-or-nothing thinking. Consider using phrases like "most of the time," instead of "always," "never," or "should." We want these intentions to be realistic and uplifting!

1

---

---

---

---

2

---

---

---

---

3

---

---

---

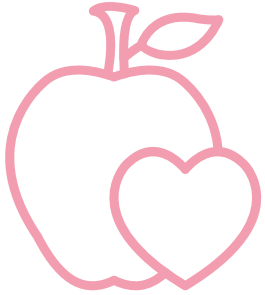
---



Activity #3: Exploring the  
"Add IN" Mentality of  
Gentle Nutrition

# Gentle Nutrition

---



Honor Your Health with Gentle Nutrition is one of ten principles of Intuitive Eating (IE).

This principle is all about making food choices that honor both your body *and* taste buds while also making you feel good. This principle was a big influence in our Nourished Girl Summer series!

## What is the "Add IN" Mentality?

The "add IN" mentality is one of my favorite ways to practice gentle nutrition. This mindset encourages you to step away from food restriction and instead focus on ways that you can *add* foods to your meals + snacks to enhance satisfaction, variety, and nutrient density.

# What is "Gentle Nutrition"?



The 10th & final principle of Intuitive Eating

Making food choices that honor your taste buds & nutritional needs

Approaching food decisions from a "what can I ADD?" mindset rather than a "what should I restrict?" mindset

## Examples:

- Adding some protein to your breakfast so it gives you more lasting fuel
- Adding a mix of frozen veggies to your rice bowl to get some fiber to help with bowel regularity
- Packing some fruit for a refreshing beach day snack bc its high water content will help keep you hydrated

# Examples of How to "Add IN"

---



## Explore Snacks



Yogurt + *nuts* or *granola* for crunch

Crackers + *cheese* for longer fullness

Whole fruits + the *peel* for more fiber & texture

Carrot sticks + *garlic hummus* for taste & fullness



## Explore Meals



Salad + *sunflower seeds* for crunch

Pasta sauce + *shredded carrots* for fiber & texture

Chicken and rice casserole + *frozen vegetables* for color

Bean taco + *cheese* for flavor

Pancakes + *peanut butter* for longer fullness

The "add IN" mentality is a great way to make sure your body is getting enough energy from a variety of foods. I encourage you to practice a "most of the time" mindset with this tool. You may not be able to add several components to every meal and that's *okay*. This is not about perfection!

# Setting Intentions

---

Consider using the following questions as a guide to help you determine how you might get started with this "add in" mentality!

- What (if anything) can I add to this meal to make it more enjoyable?  
ex. spices? condiments/sauces? a different texture?
- Does this meal/snack contain foods I like and foods that make me feel pleasant?
- What textures and flavors am I in the mood for?
- Can I add a color to this meal (or maybe plan to add a color to one later today or this week?)
- How did my body feel the last time I ate this snack/meal?  
ex. Was I still hungry? Was I content? Was I uncomfortable?

Use the lines below to jot down any thoughts/ideas that come to mind as you reflect on the questions above. Future meal inspo!

---

---

---

---

---

---

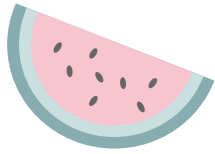
---

---

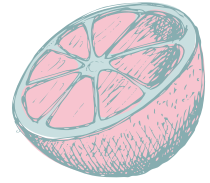
---

---

# Beyond The eBook -



More with Claire!

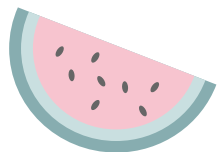


This marks the end of your Nourished Girl Summer recipe + reflection eBook! I hope you've had fun snacking and sipping your way through these pages with me. I also hope you're feeling inspired to continue building a better relationship with food in the months to come!

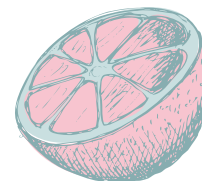
My love for bringing fun, flavor, and satisfaction into the kitchen doesn't stop with recipes. In fact, I spend most of my time as an RD helping individuals mend their relationships with food so that they can live a nourished life free from restrictive diets. If you'd like more information about how to work with me beyond this eBook, check out the following pages!

*Yours Chewly,*  
Claire

# Beyond The eBook -



## More with Claire!



### Mastering Meal Planning Mini Course:

A jam-packed, self-paced mini-course for those who want to simplify meal planning, take the stress out of weekly eating decisions, and navigate the grocery store in a more time-efficient and budget-friendly way. [Click here to learn more & get started for less than \\$100!](#)

Plus, as a thank you for purchasing this eBook, you can claim \$10 off of your mini course registration by entering the code "NOURISHEDSUMMER10" at checkout.



@clairechewning



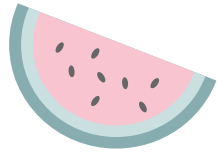
The Yours Chewly Podcast



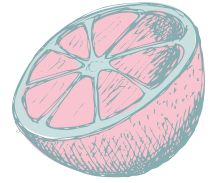
*claire@clairechewning.com*



# Beyond The eBook -



## More with Claire!



### 1:1 Virtual Nutrition Coaching

Your monthly support system that provides all the tools, skills, and guidance needed to create long-lasting changes in your health and relationships with food + body. Bi-weekly 1:1 video calls with Claire, unlimited messaging & food journaling support between calls. You ready?

[Click here to learn more.](#)



@clairechewning



The Yours Chewly Podcast



*claire@clairechewning.com*