THE 3-MEAL APPROACH

Finding balance and enjoying food without guilt or perfection

Healthy eating doesn't mean never eating pizza.

It doesn't mean saying no to birthday cake.

And it definitely doesn't mean avoiding every meal that doesn't fit neatly into a nutrition plan.

You're human.

Life includes birthdays, holidays, dinners out, celebrations, weekends away and the occasional meal that is simply about enjoyment.

So how do we find balance?

Let's look at the bigger picture.

SIMPLE, NOT EASY

Tracey Race Health Coaching

You are not broken. You are becoming.

THINK BIGGER THAN ONE MEAL

If you eat three meals a day, that's approximately:

21 MEALS A WEEK

Imagine that most of those meals are built around nourishing foods such as:

protein + vegetables + fruit + whole or minimally processed foods + healthy fats

That doesn't mean every meal has to look like that.

There is room for food that is simply about:

🎂 celebration
🍕 enjoyment
🍔 convenience
🍰 connection
🍿 fun

The point isn't to create three "allowed" meals.

It's to remember that **one meal doesn't define your overall eating pattern.**

SO WHAT'S THE APPROACH?

NO "CHEAT MEALS"

You don't need to earn your food.

NO FOOD GUILT

You don't have to feel bad because you ate something you enjoyed.

NO "START AGAIN MONDAY"

Your next meal is simply your next meal.

NO PERFECTION

Aim for a pattern that is nourishing **most of the time**, while leaving room for being human.

Nourish most of the time. Enjoy sometimes. Keep going.

REAL LIFE HAPPENS

Birthday cake?

Enjoy the cake.

Dinner with friends?

Enjoy the dinner.

Pizza night with the family?

Enjoy the pizza.

Holiday?

Enjoy your holiday.

Then simply return to your usual eating pattern.

You don't need to compensate.

You don't need to skip breakfast.

You don't need to exercise to "burn it off".

You don't need to punish yourself.

And you don't need to wait until Monday.

JUST KEEP GOING.

Because sustainable wellbeing isn't about being "good" all week so you can be "bad" at the weekend.

It's about creating an eating pattern that you can actually live with.

FOOD IS MORE THAN FUEL

Food can be:

nourishment
pleasure
culture
connection
celebration
comfort

We don't need to turn food into a moral issue.

THERE ARE NO GOLD STARS FOR PERFECT EATING.

Look at your overall pattern.

Be curious rather than critical.

And remember:

One meal doesn't undo your progress.

Tracey x

WANT A LITTLE SUPPORT?

You don't have to figure it all out on your own.

If you're feeling stuck, overwhelmed or unsure where to start, you're welcome to book a ***free 30-minute First Step Call****.*

We'll have a chat about what's going on, what you'd like to change, and whether working together could be helpful.

No pressure. No hard sell. Just a conversation.

BOOK YOUR FREE 30-MINUTE FIRST STEP CALL