FIT BODIES
RESILIENT MINDS
Empowering Minds and Bodies for a happier, healthier you.

NUTRITIONAL BALANCE / ROADMAP & TOOLKIT

FUEL FIRST

Build confidence in everyday eating.



Enjoy varied food and make meals and water easier to organise. Choose one routine, repeat it where it helps and build it across more of your week.

A TWO-WEEK STARTING POINT. YOUR CHOICES. YOUR PACE.

This guide is provided free of charge by FBRM. For more information visit www.fbrm.net

01 / START HERE

Find your starting point

Build a way of eating that supports the things you want to do. Choose a meal you want to have ready, a food you would like to try or a reminder to drink water. Put that choice into practice, then build on it as it becomes easier.

Make it useful to you.

Think about what would help your day: having lunch ready for an outing, enjoying more variety or making time to eat with someone. Choose food you enjoy and a routine that fits your culture, appetite, budget and needs. Decide what support would help you follow through.

What would you like to build?

1. Finding an eating pattern that works for you
2. Including protein, vegetables, fruit and wholegrains
3. Organising food for your needs, time and budget
4. Remembering to drink water during the day

Which part of everyday eating would you most like to make easier?

For example: having lunch ready, adding variety to breakfast or remembering water with meals.

Start where you are. Keep building.

Choose one practice and give it a regular place in your week. When it becomes manageable, use the next step to progress. Notice what you achieve along the way.

02 / PUT IT INTO PRACTICE

Plan one reliable meal

Have a meal ready when you need it.

Choose a meal you want to have ready and plan something you enjoy. Having the ingredients and a simple backup can make it easier to eat when you need to, even on a busy day.

1. Choose a meal or eating occasion and the days you will organise it. Consider your appetite, usual routine and any advice from your health professional.
2. Write down a simple option, the ingredients you need and when you will obtain them. Try wholegrain toast with eggs or beans and tomato, with fruit or yoghurt if you would like it.
3. Plan a backup for a busy day, such as frozen vegetables, microwave brown rice and canned beans or fish. Check that foods suit your allergies and any dietary needs.

Make it work for you

Use prepared, frozen or canned foods when they help. [1] Choose options that suit your budget, appetite and dietary needs. Prepare and store food safely. [3]

Ready for more? Take the next step.

When you have the meal ready on your chosen days, add another day next week. Then use the same approach for a second meal. For example, build from lunch on three days to four, then plan breakfast too. Keep a backup ready as you extend your routine.

Notice your progress: Recognise each day you followed through and each problem you found a workable answer to.

03 / KEEP BUILDING

Build on your progress

Choose your next challenge and build it into your day.

2 Build variety across your day

Enjoy more variety in the food you already like.

Include vegetables and legumes, fruit, mostly wholegrain cereals, protein foods, and milk, yoghurt, cheese or suitable alternatives across your day. [2, 3]

Make it work for you: Add something to a familiar meal: beans to soup, vegetables to eggs or fruit to oats. Choose foods that suit your needs. You do not need every food group at every meal. [2]

Ready for more? Once you have repeated that addition on a few days, build on it. Try another vegetable, wholegrain or protein food, or bring more variety to a second meal. Choose one food to try this week and decide when you will have it.

3 Make water easy to remember

Make regular drinking part of your day.

Keep water within reach and drink regularly. Pair a drink with a meal or another familiar activity. Your needs vary with health, activity and weather. [3, 4]

Make it work for you: Follow any fluid restriction or swallowing plan. Ask about suitable amounts if you have kidney, heart or liver disease. [4]

Ready for more? When one reminder is working, add a reminder at another time you tend to forget. Put water ready before an outing or activity. Keep building a routine that meets your needs and any fluid advice you follow. [4]

04 / PLAN & ADAPT

Plan your next step

Build on what suits your needs

Build these routines around any dietary, diabetes, allergy, fluid or swallowing advice you follow. If you need help adapting meals, ask a GP or Accredited Practising Dietitian. See your GP for ongoing or unexplained fatigue, especially with unintentional weight loss. [5]

My plan for progress

What will I try, and when or where will it fit?

When this becomes manageable, what will I build on?

Example: I will organise lunch for three days this week. Once that works, I will add a fourth day and plan a reliable breakfast. I will keep a backup lunch ready.

When life gets in the way

Time or money is tight	Build a short list of affordable meals you enjoy. Use frozen vegetables, canned legumes and leftovers to make the next meal easier. [1]
The routine is working	Build on it now: organise another day, plan a second meal or try a different food. Choose your next step and put it in your plan.
I miss a planned meal	Eat at your next suitable opportunity, then check what got in the way. Prepare a backup or change the timing so the next attempt is easier.

05 / YOUR TWO-WEEK RECORD

Notice what works for you

Record what you organised, ate or remembered to drink. Note the routines you repeated and what you added as they became easier.

Start date: _____ My chosen focus: _____

Note the meal, food or water reminder you used. Leave unused practices blank.

Example: Packed lunch; added beans; remembered water with lunch.

Day	Meal plan	Food variety	Water	What I noticed
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				

At the end of each week, recognise what you achieved.

Choose one manageable progression for the week ahead.

06 / AFTER TWO WEEKS

Look back. Choose your next challenge.

Look at what you practised, what became easier and what you are ready to build on. Give yourself credit for your effort and the steps you have taken.

Which meals or routines have become more reliable?

What food or meal would you like to add next?

What progress are you pleased with, and what helped you make it?

Keep moving forward

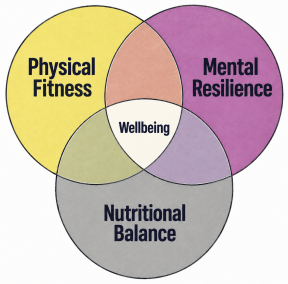
When your chosen routine is working on the days you planned, build on it now. Add another planned day, organise a second meal or try a food you would like to include more often. Choose one next step and when you will try it. Recognise the meals you organised, the variety you enjoyed and the problems you found answers to.

My next step and when I will try it:

Use the time and confidence you gain to support the rest of your life. Pack food for an outing, cook with someone or share a meal. Keep building a way of eating that supports what you want to do.

07 / KEEP BUILDING

Keep doing what matters to you.



Support for your next step

Erik Kershaw, founder of Fit Bodies Resilient Minds, can help you build on your strengths across fitness, resilience and everyday nutrition. Turn your goals into practical action and recognise your progress along the way.

Explore FBRM: www.fbrm.net

Explore the ideas behind your guide

Open the linked titles for further guidance.

[1] Eat for Health: Quick and easy meals
Practical meals using frozen vegetables and canned legumes.

[2] Eat for Health: The five food groups
Food variety across the day, with no need for every group at each meal.

[3] Eat for Health: Australian dietary guidelines 1-5
A varied eating pattern, water and safe food preparation.

[4] Healthdirect: Drinking water and your health
Varying fluid needs and advice for relevant health conditions.

[5] Healthdirect: Fatigue
When ongoing fatigue or fatigue with weight loss needs medical advice.

General food and wellbeing information for adults. This is not a personalised meal plan, weight-loss program or treatment for a health condition.

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