

EAT TO SOFTEN THE SCORE A 7-DAY GENTLE PLAN



Food can be a daily nervous-system practice. We're not chasing perfection; we're building predictable signals of safety: steady blood sugar, fewer inflammatory sparks, and a calmer gut-brain conversation. Repeat this rhythm for one week before you judge it.

How to use this

Before each meal, pause for three slow exhales. Place a hand over your heart and tell your body, "We're safe enough to digest."

Then build plates with the simple trio:
protein + fiber + healthy fat.

Warm, savory dinners help your system downshift at night.



Your Daily Rhythm

Morning: choose one within an hour of waking
Eggs + greens on whole-grain toast • Kefir oat smoothie • Overnight chia with fruit + nuts.

Midday:
Salmon or chickpea bowl (grain + greens + roasted carrots + olives + tahini-lemon drizzle).

Afternoon snack:
Yogurt + 1 tsp chia + walnuts • Apple + peanut butter • Pumpkin seeds + grapes • Half a hummus + kraut wrap.

Evening:
Miso-ginger soup with mushrooms, bok choy, tofu or chicken, and a small scoop of rice or soba.

Nightcap:
Warm cocoa (milk of choice + cocoa + pinch of cinnamon + tiny touch of honey). Screens down, lights low.



60-Minute Weekly Prep

1. Cook 2 cups brown rice or quinoa.
2. Soak & simmer 1 cup lentils (20–25 min).
3. Roast carrots + sweet potato (olive oil, salt, 400°F, ~25 min).
4. Whisk a jar: 2 Tbsp tahini + 2 Tbsp lemon + 1 tsp olive oil + water to thin + pinch salt/pepper.
5. Wash/spin greens; slice cucumbers & herbs.
6. Portion two smoothie packs (banana, berries, oats, flax).
7. Simmer ginger-garlic broth base; keep miso separate (stir in off heat).
8. Optional: boil 6 eggs.



5 Fast Builds (or repeat)

- **Kefir Oat Smoothie:** kefir or unsweetened soy yogurt, banana, berries, oats, ground flax, cinnamon.
- **Eggs + Greens on Toast:** olive oil, pinch salt, handful microgreens.
- **Salmon or Chickpea Bowl:** grain + greens + roasted carrots + olives + tahini-lemon.
- **Fermented Rainbow Wrap:** whole-grain tortilla, hummus, avocado, sauerkraut/kimchi, grated veg, greens.
- **Lentil Skillet:** sauté onion/garlic + paprika + turmeric; add lentils + canned tomatoes; finish with spinach + lemon.



GROCERY LIST 1 ADULT · 7 DAYS

Scale up for your household.
Pantry basics marked with ★



PRODUCE

1. Bananas (5–6)
2. Blueberries (2 cups fresh or 1 lb frozen)
3. Raspberries or strawberries (1 cup, optional)
4. Lemons (3)
5. Ginger knob (1 large)
6. Garlic (1 bulb)
7. Yellow onion (1 large)
8. Carrots (2 lb)
9. Sweet potatoes (3–4 medium)
10. Cucumbers (2)
11. Fresh herbs (parsley or cilantro, 1 bunch)
12. Microgreens or baby spinach/spring mix (10–12 oz)
13. Bok choy (2 heads) or extra spinach for soup
14. Pears or apples (4–5)



TEA / OPTIONAL

Plain black or herbal tea bags (for the cozy cup)

FERMENTED

1. Sauerkraut or kimchi (12–16 oz jar)
2. White or red miso paste (small tub)



PANTRY / GRAINS / LEGUMES

1. ★ Rolled oats (18 oz)
2. ★ Brown rice or quinoa (2 cups dry)
3. ★ Green or brown lentils (1 lb; you'll use ~1 cup)
4. ★ Canned diced tomatoes (1 can)
5. ★ Chickpeas (2 cans)
6. ★ Soba noodles or rice (8–12 oz, for soup)
7. ★ Whole-grain bread (1 loaf)
8. ★ Whole-grain tortillas (1 pack)



FLAVOR / BAKING

1. ★ Cinnamon, smoked paprika, turmeric, black pepper, sea salt
2. ★ Honey or maple syrup (small)
3. Low-sodium soy sauce or tamari (small)

FATS, NUTS & SEEDS

1. ★ Extra-virgin olive oil
2. Tahini (1 small jar)
3. Almond butter or peanut butter (small jar)
4. Ground flaxseed (8–12 oz)
5. Pumpkin seeds (6–8 oz)
6. Walnuts or almonds (optional, 6–8 oz)

PROTEIN / DAIRY

1. Eggs (1 dozen)
2. Plain kefir (32 oz) or unsweetened soy yogurt (32 oz)
3. Firm tofu (14–16 oz) or cooked chicken (1 lb)
4. Canned salmon (2 small cans) or sardines (2 tins)
5. Plain yogurt (extra, optional snack; 24 oz)



Swaps & notes

Dairy-free: use soy yogurt/kefir alternatives; keep the rest unchanged.

Gluten-free: choose GF bread/tortillas and rice/soba labeled GF.

Budget tips: canned salmon/sardines are affordable omega-3s; frozen berries are perfect; buy greens in a big box.

Scale: double grains/veg if cooking for two; add one extra protein choice.

Go slow with fermented foods if you're sensitive (choose plain kraut, kefir, or miso).

Adjust for allergies. If you have a history of eating disorders or a medical condition, work with your clinician.



This is education, not medical advice.

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