



The Food Freedom Starter Kit

*5 gentle shifts to feel calmer,
clearer & more in control with food*

By Jane Moran *Nutrition & Mindset Support for People Ready to Thrive*



Hello lovely

I'm so glad you're here.

If food has started to feel exhausting...

If you find yourself swinging between “being good” and “losing control”...

If your energy is all over the place and you're craving more ease...

You are not alone.

And you're in exactly the right place.

This guide isn't about restriction, willpower, or starting over on Monday.

It's about gentle shifts that help you reconnect with your body, regulate your energy, and feel calmer and more confident in your choices, one small step at a time.

I work with women every day who are burnt out on advice, overwhelmed by “rules,” and just want someone to help them feel like themselves again.

This is where we begin, together. 

Take what resonates, leave what doesn't, and know this:

You're not lost, you're learning. And this gets to feel good!

Let's get started.

With love,

Jane x

Shift One

Start with Nourishment, Not Restriction...

When you're tired of cutting things out and trying to be 'good', let's flip the script.

Start by **adding in** nourishment. Your body wants to feel safe, satisfied, and supported, not punished and deprived. Not such a crazy idea, right?!

What it looks like

You could start your day with a herbal tea, add extra veg to dinner, or upgrade a snack. Add flavour to your meals with fresh herbs and spices, nuts and seeds so you are adding to your plant variety.

Ask Yourself

What's one nourishing thing you can add to your day this week?

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Shift
Two

*Eat Before You're Ravenous...
Don't go Hungry.*

You don't make your best choices when you're running on empty. We've all hit the "hangry wall", that moment where it's all too much and anything sweet, salty or carby will do.

Why?

That's not a lack of discipline. That's your blood sugar crying for help.

Try to nourish yourself **before** the crash. Regular, balanced meals and snacks are key, even if they're simple.

Ask Yourself

When do I usually feel most depleted?
What could I do to support myself before that moment?

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Shift Three

Create a Calm Food Environment

We absorb nutrients better when we're relaxed. Even simple things like putting your phone down, sitting at a table, and taking a deep breath before eating can change the way food feels in your body.

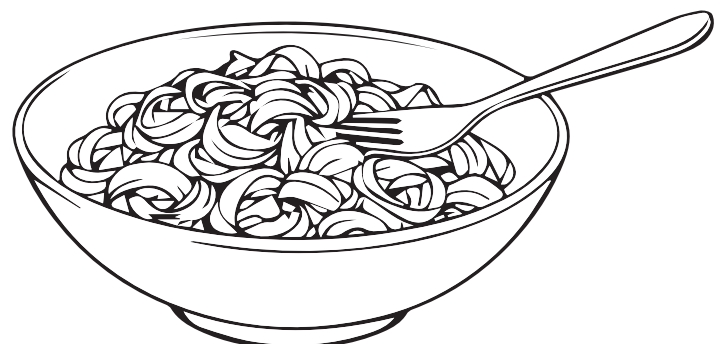
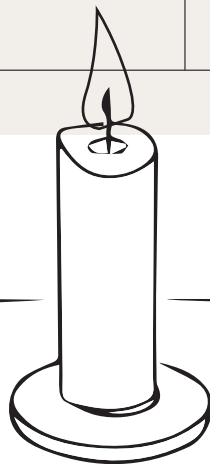
Why?

Think **Nervous system first**, then digestion. The opposite of 'fight or flight' is 'rest and digest'. Our parasympathetic nervous system needs to be triggered in order for us to digest our food.

Ask Yourself

What one small ritual could make mealtimes feel more grounding?

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Shift Four

Balance Your Plate

Let's simplify things. Your plate doesn't need to be perfect, your meal doesn't need to be a complicated recipe, it just has to be **balanced**. I'm talking protein, plants and healthy fats.

No tracking, no pressure, just awareness of what a balanced and nourishing meal or snack looks like.

Why?

Aim for:

Protein

Strength, blood sugar balance & hormone support

Plants

Fibre, phytonutrients & gut health

Healthy fats

Satiety, brain health & hormone production.

Ask Yourself

What's one meal I could gently tweak this week to feel more balanced?

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Protein

Eggs
Fish
Chicken
Lentils
Chickpeas
Tofu or tempeh
Meat
(Beef, lamb, steaks, chops or mince)
Beans
(Tinned cannellini, black, kidney etc)

Plants

Rainbow of veg
Fruit
Rice
Pasta
Sweet Potato
Jacket Potato
Oats (porridge or baked)
Wholegrain bread
Sourdough
Quinoa or Bulgur
Barley

Healthy Fats

Olive oil
Nuts/Seeds
Nut Butters
(Peanut, almond etc.)
Avocado
Full-fat Yogurt
Cheese
Flaxseed or chia seeds

Create your own lists of your favourite meals and rotate them fortnightly. No more meal planning!

Shift Five

Shift Your Mindset Feel empowered...

This might be the most important shift of all.

Food is emotional. Habits take time. When unhelpful thoughts arise, tell yourself you've got this, you're learning and you are slowly regaining control.

You are figuring it all out for your unique body, so give yourself a break.

Try using the tools in this kit and starting a journal to note your progress so you can look back and see how far you've come.

Why?

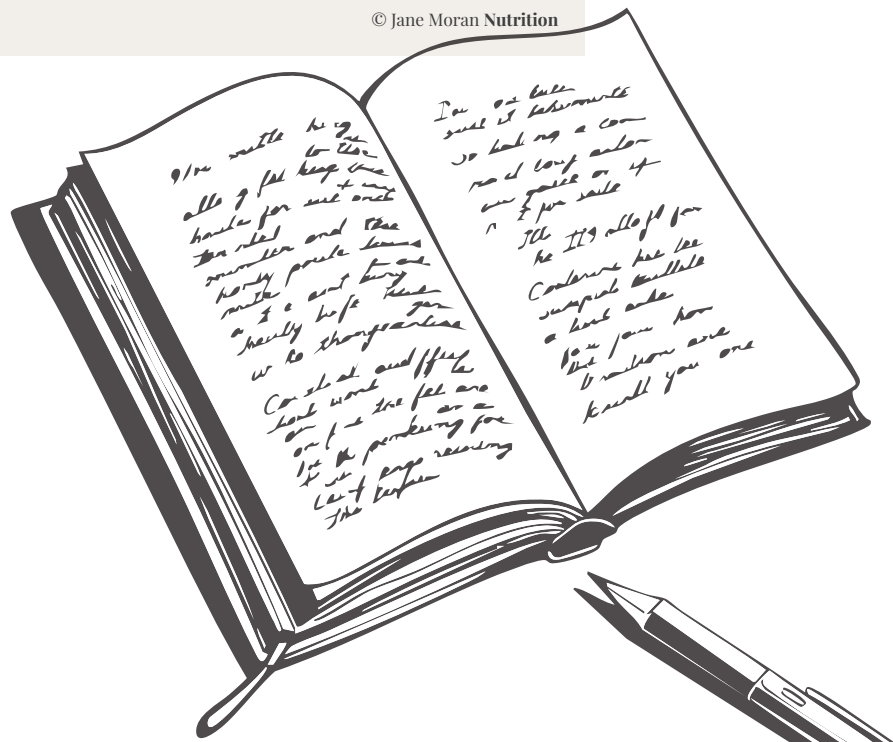
What if you replaced judgment with curiosity? What if "slipping up" was just part of the process, not the end of it?

Self awareness of your choices and how they make you feel is where the true shifts happen.

Ask Yourself

If I was speaking to a friend feeling how I do, what would I say to them?

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My Food Freedom Shifts

Start with Nourishment, Not Restriction...

What's one nourishing thing you can add to your day this week?

Eat Before You're Ravenous... Don't go Hungry.

When do I usually feel most depleted?
What could I do to support myself before that moment?

Create a Calm Food Environment

What one small ritual could make mealtimes feel more grounding?

Balance Your Plate

What's one meal I could gently tweak this week to feel more balanced?

Shift Your Mindset feel empowered..

If I was speaking to a friend feeling how I do, what would I say to them?

My Food Freedom Shifts 30 day Tracker

	<i>I nourished myself</i>	<i>I didn't allow hunger</i>	<i>I ate mindfully</i>	<i>I balanced my plate</i>	<i>I shifted my mindset</i>
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The choices you make each day create your future.

When you've made these 5 shifts for 30 days, congratulations, you've created strong habits. I hope you feel differently about food and feel free!

Your next step...

You're already doing something powerful just by reading this.

If these shifts made you feel a little lighter, more seen, you're invited to take the next step with me.

Ready to feel confident and calm around food again?

Every body is unique, your nutrition should be too.

Book a 1:1 session and get personalised support tailored to you.

Let's work together to create a way of eating that feels good, fits your life, and nourishes you fully.

Please visit my website to book online:

www.janemorannutrition.co.uk

