SPRING EATING
SEASONAL CHECK-IN

Spring doesn't require a food reset.
This is simply a chance to notice what is changing and make everyday eating a little easier where it helps. You don't need to do everything. You don't need to change anything.
Keep what works. Adjust what doesn't.

1 NOTICE WHAT IS NATURALLY CHANGING

Remember: You don't have to deliberately change your eating just because the season has changed.

- [ ] Am I naturally wanting different foods as the weather warms?
- [ ] *Are there seasonal fruits or vegetables I enjoy that are becoming available?*
- [ ] Am I reaching for more salads, fruit or lighter meals?
- [ ] *Are there foods I still enjoy eating regardless of the season?*
- [ ] Has my appetite or eating routine changed at all?

2 CHECK YOUR EASY MEALS

Think about the meals that make everyday eating easier. **Keep the reliable meals.** They're useful all year round.

- [ ] *What are 2–3 dinners I can make without much thought?*
- [ ] What are my reliable lunches?
- [ ] *Do I have a few quick breakfast options?*
- [ ] Are there meals that work particularly well when the weather is warmer?
- [ ] *What can I keep in the freezer or pantry for days when cooking isn't happening?*

3 LOOK AT YOUR SUPERMARKET STAPLES

Rather than creating a new "healthy" shopping list, think about what already helps. **Convenience counts.** A food that makes eating easier has a legitimate place in your kitchen.

- [ ] Do I have some frozen vegetables?
- [ ] *Do I have fruit that's easy to grab?*
- [ ] Are there convenient protein options available?
- [ ] *Do I have some quick carb/starch options?*
- [ ] Are there pantry or freezer foods that can rescue a last-minute meal?
- [ ] *Is there anything I regularly run out of that would be useful to keep on hand?*

4 LOOK AT WHAT'S CHANGING IN YOUR ROUTINE

Spring can bring changes beyond the weather.

- [ ] *Are school, work or activity schedules changing?*
- [ ] Are there more evenings out or activities after work/school?
- [ ] *Am I spending more time outside?*
- [ ] Are weekends becoming less predictable?
- [ ] *Is there anything coming up that might make regular meals harder?*

Then ask yourself:
What could make those changes easier?

Maybe it's cooking extra portions.
Maybe it's having a freezer meal ready.
Maybe it's planning three dinners instead of seven.
Maybe it's keeping snacks in your bag.
Maybe it's knowing where the local takeaway is.
There is no single right answer.

5 PREPARE FOR YOUR ACTUAL LIFE

Choose **one or two** things that would make the next few weeks easier.

- [ ] *Restock a useful freezer staple.*
- [ ] Add a couple of reliable dinners to your rotation.
- [ ] *Buy some seasonal fruit you enjoy.*
- [ ] Keep some easy lunch options available.
- [ ] *Make a little extra dinner for tomorrow's lunch.*
- [ ] Put a convenient meal option in the freezer.
- [ ] *Update your grocery list.*
- [ ] Do absolutely nothing — because everything is already working.

ONE FINAL CHECK-IN

Instead of asking:
"How can I improve my eating for spring?"
try:
"What's changing, and what would make eating work well for me through that change?"

Spring isn't a deadline, your body isn't a project, and your eating definitely doesn't need a reset.

Notice.
Keep what works.
Adjust what helps.
Move on.

Spring planning works best when it responds to real changes in your routine, so choosing one or two practical supports for the next few weeks can make eating easier without turning the season into a project.



Minimum Nutrition