

A top-down view of various healthy food items arranged on a light-colored, textured surface. In the top left, there's a slice of lemon and some fresh mint leaves. Below that is a small white bowl filled with almonds. To the right of the almonds is a glass jar of chia pudding topped with fresh strawberries, raspberries, and blueberries. In the center, a white mug contains a cup of tea with a slice of lemon and fresh herbs. To the right of the mug is a white bowl filled with sliced cherry tomatoes and blueberries. A piece of burlap fabric is visible in the bottom left corner.

Nourish Your Temple

Five Ways To Elevate Your Diet

NOURISH YOUR TEMPLE

Welcome! Use this checklist daily to transform your goals into actionable steps and embark on a journey toward vibrant health and well-being. Let's get started!

✔ **Teach Yourself About Nutrient-Rich Foods**

Empower yourself with food knowledge, and the rules of digestion to boost nutrient absorption. This is your opportunity to learn what your unique temple needs.

Choose one food each week to learn about. For example, if you heard about quinoa but never tried it, find a simple recipe and give it a go. Notice how it makes you feel. Pair it with something rich in vitamin C to help your body absorb the iron.

Knowledge isn't power unless you apply it. You don't need a degree in nutrition to eat well, but understanding what your body needs can free you from confusion and overwhelm. And the lies of the enemy.



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Set Goals To Make Progress

Stop chasing perfection and aim for progress. The secret? Take one small step at a time. Instead of overwhelming yourself with a long list of changes, focus on making manageable adjustments.

Write down one micro-goal for the next week—something you know you can achieve. Let Ecclesiastes 3:1 guide you: “There is a time for everything.” Your time is now, and it’s okay to take it step by step.

Maintain a Journal

Write your story of what you want your life to become. Take note of how you feel when you consistently obey a health principle, like, portion control, moderation, and mindfulness. Include a verse that speaks to your day, like Psalm 34:8: “Taste and see that the Lord is good.” Don’t aim for perfection; aim for progress.

This isn’t just about food—it’s about finding your path to energy, peace, and confidence.

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Eat Nourishing Food

You've already read lists of what's "good" and what's "bad," but your journey to nourishment starts with your unique body type and relationship with food.

Start eating more fresh fruits and vegetables daily. Replace one meal a day with whole, unprocessed foods. Maybe it's a colorful smoothie in the morning or a hearty salad at lunch: one step, one meal, one choice at a time.

Go to the store with a simple mission: pick three fruits or vegetables you love and know how to prepare them. Genesis 1:29—God has already provided these gifts for your nourishment. Let them be your foundation.

Don't get stuck in the "I should eat kale" mindset if you hate it. There are plenty of nutritious, delicious foods to choose from.

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Drink Water

Staying hydrated isn't just about quenching thirst—Without water in every cell, tissue, and organ your performance and beauty decline. Water hydration keeps everything running smoothly, from digestion to mental clarity.

Start your day with a glass of water before anything else. Add a slice of lemon if plain water feels boring. Set a goal to drink one glass before each meal—it'll hydrate you and help you avoid overeating.

CLOSING THOUGHTS

These five actions aren't about rigid rules or overwhelming changes—they're about you and taking small, sustainable steps toward honoring your body as a temple.

I challenge you to pick just one of these actions and start. If you're ready to dive deeper, Join my email community and receive my **free printable food journal templates**. Track your progress by writing down meals, emotions, and insights.


-Glenda Hill