FORRESTING THE SOUL · SOMATIC & 5 F'S COACHING RESOURCE

WEEKLY NOURISHMENT & SUPPLEMENT GUIDE

Steady Daytime Protein, Calm Nervous-System Signals & Cook-Twice Simplicity

DAILY RHYTHM
3 Anchors
3 Real Meals

1. DAILY SUPPLEMENT & HYDRATION RHYTHM (3 SIMPLE ANCHORS)

Habit-Stack Supplements to Daily Moments

ANCHOR 1 · UPON WAKING
Morning at the Sink (Empty)

1. Mineral Hydration: 16 oz Water
Add a pinch of sea salt or electrolytes before coffee or opening any screens.

2. Morning Essentials: Empty Stomach
Amino acids, B-complex, probiotics, or morning prescriptions taken waking up.

3. Brain & Focus Support: Pre-Movement
Clean nootropics or adaptogens 20 min before your morning movement flow.

ANCHOR 2 · MIDDAY MEAL
With First Meal (Needs Fat)

1. Omega-3 & Fat-Solubles: With Food
Fish oil (EPA/DHA) & Vitamin D3+K2. Healthy fat in your meal triples uptake.

2. Joint & Fascia Support: Midday
Curcumin/turmeric, boswellia, or collagen to support tissue recovery all afternoon.

3. Afternoon Mineral Refill: Water Bottle
Refill your water bottle at lunch so your fascia stays hydrated through the afternoon.

ANCHOR 3 · DINNER & WIND-DOWN
With Evening Meal & Rest

1. Cellular & Heart Support: With Dinner
CoQ10, digestive enzymes, or evening nutrients that pair with your last meal.

2. Nervous-System Reset: Evening
Magnesium glycinate, L-theanine, or evening hormone/sleep support at dusk.

3. Kitchen Closed Signal: 2-3 Hrs Pre-Bed
Herbal tea or warm water signals your vagus nerve that the workday is complete.

2. "COOK TWICE, EAT ALL WEEK" BATCH PREP SYSTEM

Two 15-Minute Prep Windows = 10 to 12 Nourishing Whole-Food Meals

Sunday Slow-Cooker: Shredded Roast or Chicken + Boiled Eggs

Slow Cooker (7 to 8 hrs Low): 3 lb beef chuck roast or chicken thighs + 16 oz green salsa verde (0g added sugar) + 1 cup broth + onion, garlic & spices. Serve over cauliflower rice, greens, or lettuce wraps with avocado & lime. **Bonus:** Boil 6 to 8 eggs while it cooks!

Wednesday Sheet Pan: Salmon or Steak + Green Veggies

400°F Oven (12 to 15 min): 2 lb salmon fillets (or chicken/steak bites) brushed with olive or avocado oil, lemon, garlic & sea salt, roasted alongside broccoli, asparagus, or zucchini. Pair with leftover greens or rice for effortless midweek lunches and dinners.

3. DAILY NOURISHMENT RHYTHM (12 TO 16 HR OVERNIGHT RESET)

Steady Daytime Protein Prevents Afternoon Crashes

Meal 1: Late AM / Noon **35 to 50g Protein + Anchor 2**	**Break-Fast Bowl or Plate:** Warm slow-cooker roast or chicken over cauliflower rice/greens with 1/2 avocado, *OR* 3 pasture eggs cooked in avocado oil + leftover protein + greens. **Take Anchor 2 supplements here.**
Bridge: 2:30 to 3:30 PM **15 to 25g Protein (No Crash!)**	**2-Minute Afternoon Bridge:** 2 hard-boiled eggs with sea salt + 1/2 avocado, a handful of macadamias/almonds, or a small container of batch protein so your blood sugar stays steady until dinner.
Dinner: 2-3 Hrs Pre-Bed **35 to 50g Protein + Anchor 3**	**Unrushed Evening Meal:** Slow-cooker taco boats or bowls (Sun-Tue), Sheet-Pan Salmon + Roasted Veggies (Wed-Thu), or Grill/Skillet Night + Big Salad (Fri-Sat). **Take Anchor 3 evening minerals & close the kitchen.**

4. WEEKLY TRACKER (DAILY MEALS + 3 SUPPLEMENT ANCHORS)

Check Off Each Box as You Nourish Your Body

MON — Flow A	TUE — Flow B	WED — Flow C	THU — Flow A	FRI — Flow B	SAT — Flow C	SUN — Unwind
1st: Batch Bowl	**1st:** Eggs + Protein	**1st:** Batch Bowl	**1st:** Salmon Salad	**1st:** Leftover Bowl	**1st:** 3 Eggs + Meat	**1st:** Eggs + Avoc.
PM: 2 Boiled Eggs	**PM:** 1/2 Avocado	**PM:** 2 Boiled Eggs	**PM:** Nuts / Eggs	**PM:** 1/2 Avocado	**PM:** Berries / Nuts	**Prep:** Slow-Cooker
Eve: Slow-Cooker	**Eve:** Lettuce Wraps	**Eve:** Sheet-Pan Fish	**Eve:** Salmon + Veggies	**Eve:** Burgers / Grill	**Eve:** Flex / Outing	**Eve:** Fresh Batch
☐ AM Sink + Water ☐ Midday w/ Meal ☐ PM Wind-Down	☐ AM Sink + Water ☐ Midday w/ Meal ☐ PM Wind-Down	☐ AM Sink + Water ☐ Midday w/ Meal ☐ PM Wind-Down	☐ AM Sink + Water ☐ Midday w/ Meal ☐ PM Wind-Down	☐ AM Sink + Water ☐ Midday w/ Meal ☐ PM Wind-Down	☐ AM Sink + Water ☐ Midday w/ Meal ☐ PM Wind-Down	☐ AM Sink + Water ☐ Midday w/ Meal ☐ PM Wind-Down

ForResting the Soul · Christy Claybaker, LMT · Somatic Awareness, Fascia Release & 5 F's Systems Coaching

The Aware Wolf Rule: Skipping meals all day is a stress response, not discipline. Feed your body during the day so your nervous system can rest at night.

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