



THE MINDFUL METHOD

by NUTRIMSA

Winter Meal Guide

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About the Winter Meal Guide

This Meal Guide provides two weeks of meals each with four Cook Ahead recipes plus 3-4 simple recipes that take a few minutes to throw together before serving. You can adapt many of the recipes to fit your preferences and use what is available to you. All the recipes use seasonal flavors and ingredients. This Meal Guide makes meal prepping and nourishing your body simple and approachable all without tracking calories or macros.

How is this different than a meal plan?

A meal plan tells you exactly what, when, and how much to eat. It doesn't take your body's individual needs or preferences into account. Meal plans remove mindfulness from the eating process and encourage operating on auto-pilot. This meal guide encourages you to add toppings and elements that fit your taste preferences, potential sensitivities, and hunger level to each meal and leaves room for nights you want to try out a new restaurant and would rather freeze your leftovers for another night. For this reason, the vast majority of these meals are freezer-friendly.

Our Mission

Our goal is to help you build the confidence to make intuitive decisions on how to nourish your unique body. The ability to cook and feed yourself is a gift and lifelong skill. It's never too early or too late to learn to cook and figure out what makes your body feel good.

The Meal Guides are seasonal to help you pick the freshest food to support your body's changing needs. In Summer, increased activity and warm weather means we crave cool, hydrating foods. We support this by eating in-season produce like watermelon, strawberries, tomatoes, and cucumbers. By Winter, we slow down to conserve energy and crave heartier meals when root vegetables like sweet potatoes and parsnips are in season. This is also cost effective since produce is less expensive when in season. Eating seasonally also encourages you to shop from local sources.