



# EATING FOR SUSTAINABILITY

insights into nutrition habits for athletes + eating for sustainability

## the basics

- #1 - balance, every day, in any way.
- #2 - mentioned meals, snacks, and nutrient balance are just suggestions.
- #3 - you know your body best. for individual needs, book your strategy call or talk with your nutritionist.

## tips to fuel

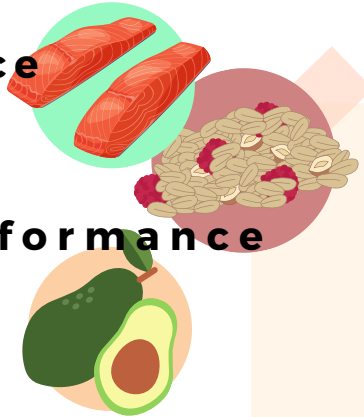
- [...] eat the rainbow
- [...] balance the big three
- [...] drink water

## [eating for sustainability]

(v.) consuming the nutrients necessary to maintain health and growth at a certain rate or level; a lifelong balance.

## concepts to balance

- your health + performance
- cost + time
- environmental impact



## your health + performance

- movement
- nutrition
- mindfulness

## cost + time

- food budget - to buy organic or not? use the dirty dozen + clean fifteen as guides if possible.
- time
  - use canned, frozen, etc. when needed.
  - schedule planning, shopping, prepping.

## environmental impact

- seasonal
- BYOB + BYOC
- food sourcing
- themed meal days

[notes]



[free] access a templatem meal plan, grocery list, and recipes now:

<https://bit.ly/3V0PzwK>



a varied + balanced diet includes foods you love, fits your budget, and ensures you perform your best!

need more? contact [melissa@empowerwellness.co](mailto:melissa@empowerwellness.co) today.



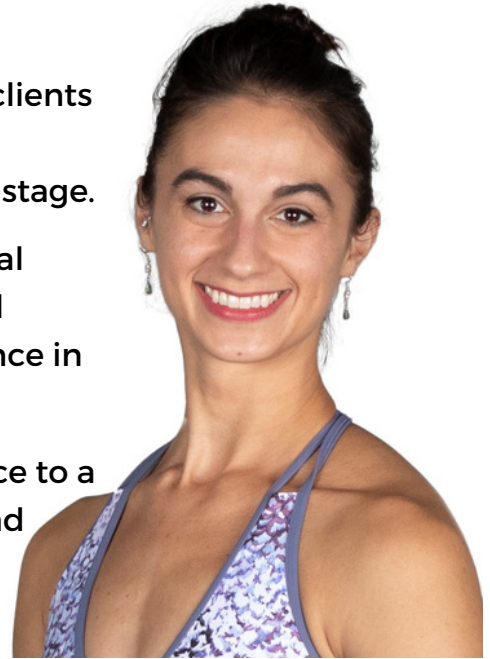
# Hi, I'm Melissa!

I'm a Nutrition Educator & Wellness Coach.

My lifestyle-focused method has successfully helped clients achieve personal results and enhance athletic ability, empowering performance in class, rehearsals, and on-stage.

As professional dancer myself, I have gained nutritional balance and improved my own relationship with food through many years of practice and a Masters of Science in Nutrition from University of Bridgeport.

I bring this depth of personal and academic experience to a variety of clients, particularly performance athletes and fitness enthusiasts.



## CONTACT



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## CHECK OUT OTHER RESOURCES

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The Blog: <https://www.empowerwellness.co/blog>

Free: <https://www.empowerperformance.co/downloads>