
WELCOME



WHOLE FOOD NUTRITION GUIDE

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HI, LINDSAY



Hey there! I'm Lindsay, and I'm so excited to be working with you. I am the founder of Lindsay Barclay Nutrition and my goal is simple: to make it easier for women to get nutritional guidance they need.

This whole-food nutrition packet was created for women who want to nourish their bodies, support hormones, and build healthy habits without restrictive dieting. As stress, metabolism, and lifestyle demands shift over time, focusing on real, nutrient-dense foods can help you feel more energized, grounded, and in control of your health. This guide is flexible, realistic, and designed to meet you where you are.

WHAT ARE WHOLE FOODS?

Whole foods are foods that are as close to their natural state as possible. They are minimally processed and rich in nutrients your body needs to thrive.

Whole foods include:

- Fruits and vegetables
- Lean proteins
- Whole grains
- Healthy fats
- Nuts, seeds, and legumes

Limiting (not eliminating):

- Highly processed foods
- Added sugars
- Refined grains
- Artificial additives

The goal is progress, not perfection.

WHY WHOLE FOODS MATTER FOR WOMEN

Whole-food nutrition supports:

Steady energy and blood sugar balance
Hormonal health and stress management
Digestion and gut health
Reduced inflammation
Sustainable weight management

Rather than chasing quick fixes, whole foods help build a strong foundation for long-term wellness.

The Balanced Plate Method

Use this simple framework to build nourishing meals:

½ plate: Non-starchy vegetables

¼ plate: Protein

¼ plate: Complex carbohydrates

Add: Healthy fats

This balance helps keep you full, satisfied, and energized.

MACRONUTRIENTS

Protein Power

Protein is essential for muscle health, metabolism, blood sugar balance, and satiety. Aim to include protein at every meal.

Whole-food protein sources:

- Eggs
- Poultry
- Fish and seafood
- Lean meats
- Greek yogurt or cottage cheese
- Beans, lentils, tofu, tempeh

Carbohydrates Without Fear

Carbs are fuel, not the enemy. Choosing the right types matters. Pair carbs with protein and fat to support steady energy.

Focus on complex carbs:

- Quinoa, brown rice, oats
- Sweet potatoes, squash
- Fruit
- Beans and lentils

Healthy Fats for Hormones

Fats play a key role in hormone production and nutrient absorption. Include fats in moderation to support fullness and satisfaction.

Whole-food fat sources:

- Avocado
- Olive oil
- Nuts and seeds
- Fatty fish

MACRONUTRIENTS CONT'D

Fiber for Digestion and Balance

Fiber supports gut health, blood sugar balance, and fullness. Increase fiber gradually and hydrate well.

High-fiber whole foods:

- Vegetables
- Berries
- Beans and lentils
- Chia and flaxseeds
- Whole grains

Hydration and Lifestyle Basics

Nutrition works best alongside healthy lifestyle habits:

- Drink water consistently throughout the day
- Eat regularly to avoid energy crashes
- Prioritize sleep and stress management
- Move your body in ways you enjoy

MINDSET



Mindset: Building Food Freedom

01

LISTEN TO YOUR BODY

Our bodies can tell us a lot about our selves, take time to reflect and hear what it is saying

02

LETTING GO OF ALL-OR-NOTHING THINKING

Changes that are going to be manageable for life aren't going to be an all-or-nothing change. We need to give ourselves time to ease into new routines and adjust to changes

03

CREATING CONSISTENCY OVER TIME

Changes take time. The more consistent we are with implementing changes over time, the more successful we will be. Start with implementing changes just a couple days a week to start.

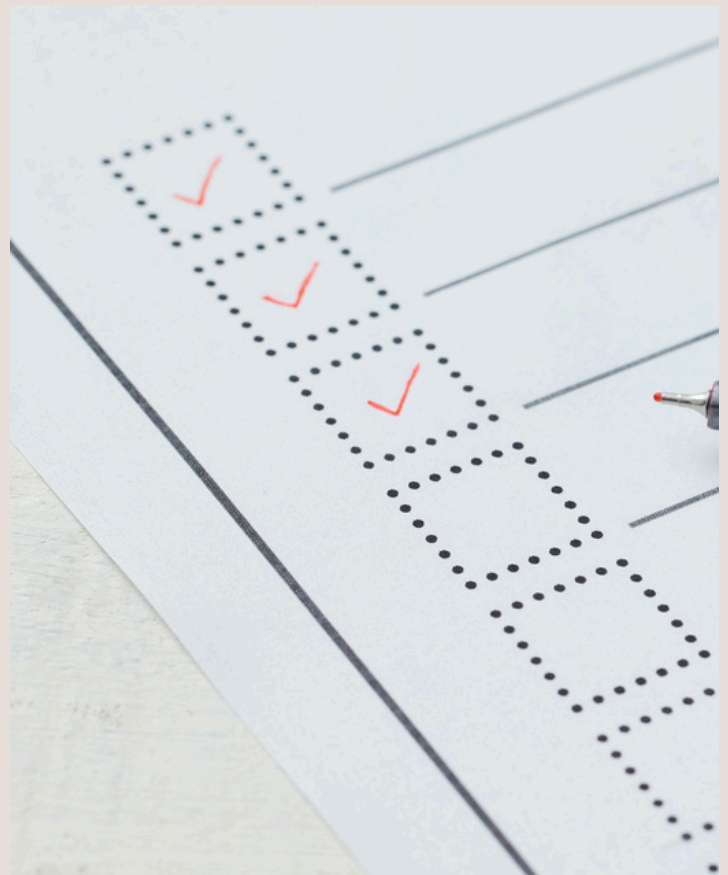
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CHOOSE NOURISHMENT FROM A PLACE OF CARE, NOT CONTROL

Choose changes in your nutrition from a place of care and desire; aim to break away from the "I need to do this mindset" towards "this is what will make me feel better"

GETTING STARTED CHECKLIST

- Build meals around whole foods
- Include protein at every meal
- Balance carbs, fats, and fiber
- Stay hydrate
- Practice flexibility and self-compassion



Final Notes

Whole-food nutrition is a lifelong journey, not a short-term plan. Small, consistent choices create powerful results over time.

You don't need to be perfect...you just need to begin.

You've got this.

CLIENT REFLECTION WORKSHEET

Use this worksheet to personalize your whole-food journey.

01

My Primary Wellness Goals (energy, digestion, weight balance, hormone support, stress, etc.)

02

Current Challenges With Food (cravings, inconsistency, emotional eating, lack of time, confusion, etc.)

03

Foods That Make Me Feel My Best

04

Foods That Don't Sit Well With Me

05

One Habit I'm Ready to Focus on This Week (e.g., adding protein at breakfast, drinking more water, cooking at home)

06

Weekly Intention - One word or phrase to guide my choices this week:

WHOLE FOOD GROCERY LIST

Produce

- Leafy greens (spinach, arugula, kale)
- Bell peppers, cucumbers, zucchini
- Sweet potatoes, squash
- Berries, apples, bananas
- Avocados

Proteins

- Eggs
- Chicken or turkey
- Salmon or white fish
- Greek yogurt or cottage cheese
- Beans and lentils
- Tofu or tempeh

Carbohydrates / Grains

- Oats
- Brown rice or quinoa
- Whole-grain bread or wraps
- Potatoes

Healthy Fats

- Olive oil
- Nuts (almonds, walnuts)
- Seeds (chia, flax, pumpkin)

Extras

- Herbs and spices
 - Lemon, garlic, onions
 - Unsweetened plant milk
-

7 DAY WHOLE FOOD MEAL PLAN

Day 1

Breakfast: Greek yogurt with berries and chia seeds

Lunch: Quinoa bowl with chicken, roasted vegetables, olive oil

Dinner: Salmon, sweet potato, and green beans

Day 2

Breakfast: Scrambled eggs with spinach and avocado

Lunch: Lentil soup with side salad

Dinner: Turkey lettuce wraps with rice

Day 3

Breakfast: Oatmeal with almond butter and fruit

Lunch: Tuna salad on whole-grain toast

Dinner: Stir-fried tofu with vegetables and quinoa

Day 4

Breakfast: Smoothie with protein, berries, and flaxseed

Lunch: Chicken salad with mixed greens and olive oil dressing

Dinner: Baked cod with roasted potatoes and broccoli

Day 5

Breakfast: Cottage cheese with fruit and nuts

Lunch: Leftover protein + veggie bowl

Dinner: Grass-fed beef or plant-based chili

Day 6

Breakfast: Eggs with sweet potato hash

Lunch: Chickpea wrap with veggies and hummus

Dinner: Roasted chicken, quinoa, and asparagus

Day 7

Breakfast: Oatmeal or yogurt bowl of choice

Lunch: Soup or salad using leftovers

Dinner: Simple balanced plate with protein, carbs, and vegetables

Genile Reminder

Meals do not need to be perfect. Repeating foods is okay. Flexibility is encouraged. This plan is meant to inspire and not restrict.

Consistency, nourishment, and compassion are the goal.