

# What the F\*ck Do I Eat This Summer?

A funny, budget-friendly workbook for stressed-out humans who want to feel better but can't even deal right now.



# What the F\*ck Is In Season?

Eat What's In Season — It's Cheaper, Fresher, and Less Likely to Betray You

## *In-Season Summer Produce (General U.S. Availability)*

**June:** Strawberries, cucumbers, zucchini, radishes, peas, cherries, spinach, new potatoes

**July:** Tomatoes, blueberries, raspberries, watermelon, corn, bell peppers, green beans

**August:** Peaches, cantaloupe, cucumbers, eggplant, squash, grapes, kale, carrots

### **Budget MVPs:**

Cabbage, carrots, zucchini, cucumbers, watermelon, bananas, frozen berries

**NOTE:** Frozen is still fresh. Use it. Love it.

**BONUS POINTS** if you're growing your own and you learn to freeze for later months!



# Grocery Store Breakdown

Don't Cry in Aisle 3 – You've Got This!

## Pantry MVPs:

- Brown rice
- Canned beans
- Canned salmon or tuna
- Oats
- Nut-free butter (sunbutter, seed butter)
- Spices, olive oil, vinegar

## Fridge Lifesavers:

- Bagged greens
- Hummus
- Lemons and limes
- Plant-based yogurt
- Pre-cut veggies

## Freezer Section Gold:

- Frozen spinach
- Frozen berries
- Edamame
- Veggie stir-fry blends

*Shop with a list. But also with vibes. You don't need to be a food prep robot.*



# Cheap, Cool & Not Sad Meals

No-Cook (or Barely Cooked) Meals for Hot Days & Tired People

- 1. “I’m Too Hot to Function” Hummus Bowl**
  - a. Hummus + canned chickpeas + cucumbers + olives + lemon juice + a wrap or crackers  
*No cooking. Big mood.*
- 2. “This Salad Is My Personality Now”**
  - a. Bagged greens + frozen blueberries + sunflower seeds + leftover protein + vinaigrette  
*Dump it in a bowl, call it a lifestyle.*
- 3. “Can’t Do Heat” Smoothie**
  - a. Frozen banana + oat milk + sunbutter + handful of spinach + cinnamon  
*Cool, creamy, and doesn’t judge you.*
- 4. “I’m Just Here for the Wrap”**
  - a. Tortilla or lettuce wrap + leftover anything + hummus or mustard + shredded carrots  
Roll it and pretend it’s gourmet.  
*Mobile, edible, and low drama.*
- 5. “Snack Plate That Accidentally Became Dinner”**
  - a. Sunbutter + rice cakes + carrot sticks + grapes + pickles + handful of crackers  
*Adult Lunchable. No shame.*
- 6. “Too Broke for Takeout” Fried Rice**
  - a. Precooked rice + frozen mixed veggies + garlic powder + coconut aminos or tamari  
Sauté in olive oil (or skip the heat and eat cold – we won’t tell).  
*Tastes like effort. Isn’t.*
- 7. “Cold Quinoa Power Bowl”**
  - a. Precooked quinoa + diced cucumber + chickpeas + parsley + lemon + olive oil  
*Instagram-worthy. Also budget-worthy.*

## DIY Meal Builder Boxes (Write Your Own Combos)

**Base:** rice / quinoa / greens / wrap / soup

**Protein:** beans / tofu / tempeh / sunbutter / eggs (if tolerated)

**Crunch or Color:** carrots / cukes / berries / seeds.

**Sauce:** olive oil / tahini / lemon / vinegar

“If you had to survive off this combo for 3 days, could you? Yes? Then it’s a win.”



# Hydrate or Die-drate Tracker

You're Not a Cactus. Drink.

How many times did I hit my water goal this today?



*"If coffee was involved, drink more water. That's science-ish."*

## **BLOAT + DIGESTION CHECK-IN**

## **NOTES:**

*"How's the gut doing today?"*

😬 No bloat

😊 Mild

😬 Tight jeans

😬 Full hot air balloon

## **MOOD CHECK-IN.**

## **NOTES/REFLECTION:**

*"How's my vibe?"*

*WHY I FEEL WEIRD/*

😎 Cool as a cucumber

*WEIRD THING I ATE/*

😐 Meh

*A WIN I HAD:*

😬 Kinda frazzled

😡 Send help

🧑 Grounded, surprisingly

**What helped me feel better today?**



# You're Not Lazy, You're Overwhelmed

You don't need motivation. You need a minute. Maybe a snack.

## What's Draining Me Today?

"List the top 1-3 things sucking the life out of you."

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

## What Could Help Me Feel Just 10% Better?

Small steps. Not a makeover. What feels doable?

- Drink some water
- Eat something real
- Sit the hell down
- Move my body for 5 min
- Breathe
- Vent to a safe human
- Scroll guilt-free
- Other: [\_\_\_\_\_]

***Tiny shifts > toxic productivity***

**What I Refuse to Do Today — and That's OK Make peace with what's *not* happening today.**

*Not everything needs to be "figured out" today.*

**A Win I'm Claiming Anyway!**

What did you do *despite* the chaos?

*Feeding yourself counts. So does brushing your teeth.*

**You're not behind. You're rebuilding. At your pace. In your way.**



# My Energy Is Sh\*t Tracker

It's your weekly or daily log for energy, mood, sleep, symptoms, and small wins — super helpful for reflection + wellness tracking. When you don't feel like yourself, track it — not because you're broken, but because you're paying attention.

Day: \_\_\_\_\_

☁ **Energy:**  1  2  3  4  5

🛏 **Sleep (hours):** \_\_\_\_\_

😞 **Mood:** 😊 😐 😞 😭 🧑 (circle or write: \_\_\_\_\_)

👉 **Bloat Level:**

None  Mild  Uncomfy  Hot Air Balloon

🍷 **Food Notes:**

🏆 **One Win Today:**

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***“You can’t pour from an empty cup - but you can refill it with iced coffee and a little less bullsh\*t when you set boundaries.”***

-Paula Fournier, CMHC | CHC

Eat Healthy, Eat Right

