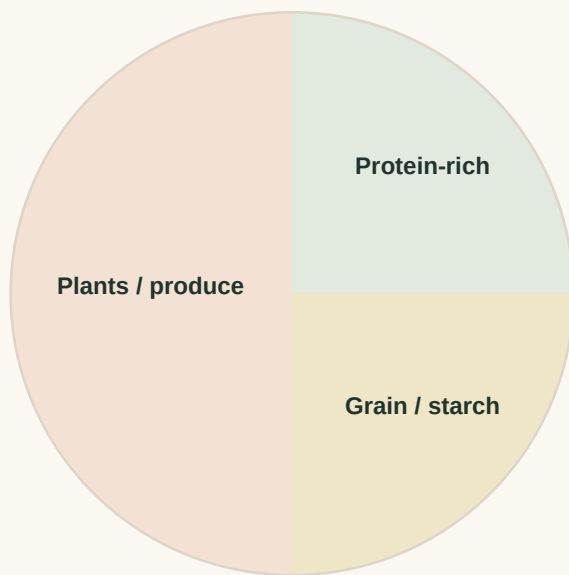




Nourish

Build an everyday plate that works for your life



A simple visual starting point

Adjust portions and foods for culture, budget, access, preferences, and medical needs.

ADD FLUIDS

Water or another drink that supports you.

KEEP IT ENJOYABLE

Food can support health and still taste like your life.

Meals that already work for me

Easy foods I can keep on hand

One food-support step this week