

Lukki by Nature Coaching

Nutritional Guide & Water Intake Tracker

Food is fuel, medicine and pleasure. This guide is not about restriction — it's about nourishing your body with love.

THE BALANCED PLATE

Think of your plate divided into sections: **half** should be vegetables and salad, **a quarter** lean protein, **a quarter** complex carbohydrates, and a **small amount** of healthy fats. This balance gives your body sustained energy, supports recovery and keeps you feeling satisfied.

FOOD GROUPS & EXAMPLES

Food Group	Examples	Why It Matters
Lean Protein	Chicken, fish, eggs, lentils, tofu	Builds and repairs muscle
Complex Carbs	Oats, brown rice, sweet potato, wholegrain	Sustained energy
Healthy Fats	Avocado, olive oil, nuts, seeds	Brain health and hormones
Vegetables	All colours — aim for the rainbow	Vitamins, minerals, fibre
Fruit	Berries, banana, citrus, mango	Natural sugars and antioxidants
Dairy/Alternatives	Greek yoghurt, milk, oat milk	Calcium and gut health
Water	Aim for 2–3 litres daily	Every cell in your body needs it

Lukki by Nature Coaching

Nutritional Guide & Water Intake Tracker

SIMPLE DAILY HABITS

1. Eat breakfast within 1 hour of waking.
2. Aim for 3 balanced meals and 1–2 healthy snacks.
3. Eat slowly and mindfully — no screens at mealtimes.
4. Prep meals in advance to avoid poor choices.
5. Keep healthy snacks visible and easy to grab.
6. Limit processed foods, excess sugar and alcohol.
7. Listen to your body — eat when hungry, stop when satisfied.

HEALTHY SNACK IDEAS

Before Workout	After Workout
Banana + nut butter	Greek yoghurt + fruit
Oats with berries	Eggs on wholegrain toast
Rice cakes + avocado	Protein smoothie with spinach

FOODS THAT SUPPORT EMOTIONAL WELLBEING

Mood Booster	Food	Why
Serotonin boost	Oats, eggs, turkey, bananas	Contain tryptophan
Reduce anxiety	Leafy greens, nuts, seeds	High in magnesium
Energy lift	Berries, dark chocolate, citrus	Antioxidants and Vitamin C
Gut health	Yoghurt, kefir, sauerkraut	Gut-brain connection

Lukki by Nature Coaching

Nutritional Guide & Water Intake Tracker

DAILY WATER INTAKE TRACKER

Aim for 6–8 glasses (2–3 litres) per day. Colour in or tick each glass as you drink it.

WEEK 1			
Day	Date	Glasses (tick each)	Notes
Mon		■■■■■■■■	
Tue		■■■■■■■■	
Wed		■■■■■■■■	
Thu		■■■■■■■■	
Fri		■■■■■■■■	
Sat		■■■■■■■■	
Sun		■■■■■■■■	

WEEK 2			
Day	Date	Glasses (tick each)	Notes
Mon		■■■■■■■■	
Tue		■■■■■■■■	
Wed		■■■■■■■■	
Thu		■■■■■■■■	
Fri		■■■■■■■■	
Sat		■■■■■■■■	
Sun		■■■■■■■■	

WEEK 3			
Day	Date	Glasses (tick each)	Notes
Mon		■■■■■■■■	
Tue		■■■■■■■■	
Wed		■■■■■■■■	
Thu		■■■■■■■■	
Fri		■■■■■■■■	
Sat		■■■■■■■■	
Sun		■■■■■■■■	

WEEK 4			
Day	Date	Glasses (tick each)	Notes
Mon		■■■■■■■■	
Tue		■■■■■■■■	
Wed		■■■■■■■■	
Thu		■■■■■■■■	
Fri		■■■■■■■■	
Sat		■■■■■■■■	
Sun		■■■■■■■■	

Tip: Add lemon, cucumber or mint to your water for variety. Your skin, energy and mood will thank you!