

# Fuel From the Inside Out

## *5-Day Nutrition Transformation Guide*

5 Days to Fuel Your Body and Transform Your Mind

### *Love Yourself.*

A 5-day journey to reconnect your body, mind, and metabolism through nourishing food and daily intention.

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“Transformation begins when you nourish your body with love, not restriction. Every meal is a chance to honor your strength.”

— JenCalling

## Day 1 – Power Breakfasts That Set the Tone

“Start your day as the woman you’re becoming.”

Breakfast sets your energy, focus, and mindset in motion. Combine protein, fiber, and healthy fats to fuel your body and prevent crashes.

## Day 2 – Smart Snacks That Support Energy & Focus

“Fuel your focus, not your frustration.”

Smart snacks stabilize hormones and energy levels. Choose whole, protein-rich options that curb cravings and keep your mind sharp.

## Day 3 – Nourishing Lunches for Metabolic Balance

“Consistency is confidence in motion.”

Lunch is your midday reset. Refuel with balanced meals that sustain your metabolism and prevent energy dips.

## Day 4 – Dinners That Rebuild & Restore

“End your day in peace, not guilt.”

Evening meals should restore, not overwhelm. Focus on lean protein, fiber, and anti-inflammatory foods for recovery and rest.

## Day 5 – Guilt-Free Treats That Satisfy Your Soul

“Joy is part of the journey.”

True balance includes mindful indulgence. Enjoy healthy treats that satisfy cravings while aligning with your goals.

## 5-Day Recap & Reflection

Each day you fueled your body and mind with purpose. Reflect on what meals, moments, and mindset shifts made you feel strongest.

### *Reflection Prompts:*

- What meal made me feel my best this week?
- When did I feel most proud of my consistency?
- What emotional triggers came up around food?
- How did I practice grace during challenges?
- What new habit will I carry forward into next week?

## 5-Day Meal Tracker + Reflection Journal

Use this space daily to log your meals, hydration, movement, and mood.

### *Day 1 Tracker*

Breakfast: \_\_\_\_\_

Snack 1: \_\_\_\_\_

Lunch: \_\_\_\_\_

Snack 2: \_\_\_\_\_

Dinner: \_\_\_\_\_

Water (Goal 80–120 oz): ■■■■■■■■■■■■

Movement / Workout: \_\_\_\_\_

Sleep (hrs): \_\_\_\_\_ Mood/Energy: ■■■

### *Day 2 Tracker*

Breakfast: \_\_\_\_\_

Snack 1: \_\_\_\_\_

Lunch: \_\_\_\_\_

Snack 2: \_\_\_\_\_

Dinner: \_\_\_\_\_

Water (Goal 80–120 oz): ■■■■■■■■■■■■

Movement / Workout: \_\_\_\_\_

Sleep (hrs): \_\_\_\_\_ Mood/Energy: ■■■

### *Day 3 Tracker*

Breakfast: \_\_\_\_\_

Snack 1: \_\_\_\_\_

Lunch: \_\_\_\_\_

Snack 2: \_\_\_\_\_

Dinner: \_\_\_\_\_

Water (Goal 80–120 oz): ■■■■■■■■■■■■

Movement / Workout: \_\_\_\_\_

Sleep (hrs): \_\_\_\_\_ Mood/Energy: ■■■

### *Day 4 Tracker*

Breakfast: \_\_\_\_\_

Snack 1: \_\_\_\_\_

Lunch: \_\_\_\_\_

Snack 2: \_\_\_\_\_

Dinner: \_\_\_\_\_

Water (Goal 80–120 oz): ■■■■■■■■■■■■

Movement / Workout: \_\_\_\_\_

Sleep (hrs): \_\_\_\_\_ Mood/Energy: ■■■

### *Day 5 Tracker*

Breakfast: \_\_\_\_\_

Snack 1: \_\_\_\_\_

Lunch: \_\_\_\_\_

Snack 2: \_\_\_\_\_

Dinner: \_\_\_\_\_

Water (Goal 80–120 oz): ■■■■■■■■■■■■

Movement / Workout: \_\_\_\_\_

Sleep (hrs): \_\_\_\_\_ Mood/Energy: ■■■

## Affirmations

- I nourish my body because I love it.
- Progress, not perfection.
- I am becoming stronger from the inside out.
- Every meal is a chance to honor my goals.
- I deserve to feel vibrant, confident, and at peace.

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