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WELLNESS

BALANCE. HEAL. THRIVE.

The Healthy Weight Wellness Guide

Vegetarian Protein • Fibre • Movement • Acupressure

A practical, compassionate approach to nourishing your body, building strength and supporting sustainable healthy-weight habits.

A gentle, practical guide designed to complement - not replace - individualized healthcare.

A Nourishing Approach to Healthy Weight

Sustainable weight management is not about punishment or extreme restriction. Focus on protein, fibre, minimally processed foods, strength, daily movement, sleep and habits you can maintain.

Build a Satisfying Plate

• Protein: tofu, tempeh, lentils, chickpeas, beans, edamame, Greek yogurt, cottage cheese, eggs if included, seitan and textured vegetable protein.

• Fibre: vegetables, fruit, beans, lentils, oats, barley, chia, flax and whole grains. Increase fibre gradually and drink enough fluid.

• Volume: make non-starchy vegetables a generous part of lunch and dinner.

• Fats: include moderate portions of nuts, seeds, avocado, tahini and olive oil.

• Consistency: regular meals with protein and fibre can be easier to sustain than repeated cycles of severe restriction.

Supplements: Keep Them Secondary

• Protein powder: a convenient food supplement when meals fall short; choose a reputable product with a simple ingredient list.

• Psyllium fibre: can increase fibre intake and may support fullness and cholesterol management. Start low, take with plenty of water and separate from medicines as directed by a pharmacist.

• Vitamin B12: important for vegan diets and sometimes vegetarian diets; dose should reflect diet and individual needs.

• Vitamin D: consider based on dietary intake, season, risk factors and clinician guidance.

• Creatine monohydrate: may support strength and lean mass during resistance training; it is not a fat-loss supplement and can increase scale weight from water stored in muscle.

Three High-Fibre, Vegetarian Protein Meals

Protein-Packed Lentil Quinoa Bowl
Ingredients: 3/4 cup cooked lentils, 1/2 cup cooked quinoa, cucumber, tomato, spinach, herbs, lemon, 1 tbsp tahini.
Simple method: Layer in a bowl and dress with lemon, tahini and a splash of water. Add extra vegetables freely.

Smoky Chickpea + Vegetable Sheet Pan
Ingredients: chickpeas, cauliflower, zucchini, peppers, red onion, smoked paprika, olive oil; serve with plain Greek/soy yogurt and greens.
Simple method: Roast at 425°F/220°C until browned and tender, tossing once. Serve over greens with yogurt sauce.

Edamame Tofu Crunch Bowl
Ingredients: baked tofu, shelled edamame, shredded cabbage, carrots, cucumber, brown rice, sesame seeds; dressing of lime, ginger and low-sodium tamari.
Simple method: Assemble vegetables first, then add protein and a modest serving of rice. Toss with dressing.

Simple Exercise That Builds Momentum

• Walk: start with 10-20 minutes daily and build toward a pace and duration that feels sustainable.

• Strength 2-3 days/week: chair squats, counter push-ups, band rows, glute bridges and step-ups; begin with 1-2 sets of 8-12 repetitions.

• Movement snacks: 5 minutes of walking, stairs or mobility after meals can make daily movement easier to accumulate.

• Progress, don't punish: add a little time or resistance as fitness improves. Recovery days are part of the plan.

Acupressure for Mindful Wellness

Point	How to find & use it
ST36 - Zusanli	About four finger-widths below the kneecap and one finger-width lateral to the shin bone. Press comfortably for 30-60 seconds per side.
PC6 - Neiguan	About three finger-widths above the inner wrist crease, between two tendons. Pair gentle pressure with slow breathing.
LI4 - Hegu	In the fleshy web between thumb and index finger. Use firm but comfortable pressure for 30-60 seconds per side.
SP6 - Sanyinjiao	About four finger-widths above the inner ankle bone, just behind the shin bone. Use comfortable pressure for 30-60 seconds.

Acupressure is included for relaxation and body awareness; it has not been established as a stand-alone weight-loss treatment. Avoid LI4 and SP6 during pregnancy unless specifically advised by a qualified maternity-care professional/acupuncturist.

A Simple Success Framework

• Choose one or two habits to practice consistently before adding more.

• Track behaviours such as protein, fibre, walks, strength sessions and sleep - not only the scale.

• Aim for gradual, sustainable change rather than rapid loss.

• Seek individualized support if you have a history of disordered eating, unexplained weight change, or a condition/medication affecting weight.

Important Wellness Disclaimer

This guide is for general education and wellness support only. It is not medical advice, diagnosis, or treatment and is not a substitute for care from your physician, nurse practitioner, pharmacist, registered dietitian, physiotherapist, or other qualified clinician. Supplements can cause side effects and interact with medications. Check with a qualified healthcare professional before starting supplements, especially if you are pregnant or breastfeeding, have a medical condition, take prescription medication, have kidney or liver disease, or are preparing for surgery. Stop any exercise or acupressure technique that causes pain, dizziness, shortness of breath, numbness, or worsening symptoms. Weight-loss medications and prescription therapies require individualized medical assessment. This guide does not recommend or replace prescription treatment.

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