

SCHOOLS,  
MASTER FOOD + MOOD

*Elevate Eating + Emotional Well-Being*



# The Nourished Nurse: Master Your Energy, Mind & Momentum

Lauren Dorman, MS RD CDE

# ***My Journey as a Registered Dietitian***

**2002-2017**

Information Giving

**“I am the expert.”**



**2018-2026** Compassionate &

Heart Centered. Neuroscience.

**“You are the expert of your life.”**

**I am emotion & thought focused.**



# Nine to Nourished: A Recipe Roadmap Learn the 9 Core Ingredients to Refuel Your Relationship with Food, Body, & Mind

By Lauren Dorman, MS, RD, CDE



Hi, I'm Lauren

Founder of Don't Diet Dietitian

I'm Lauren, founder of Don't Diet Dietitian and Schools, Master Food + Alcohol, I'm a Registered Dietitian, Speaker, and Expert in Nutrition & Emotional Eating. I help both women and teams address the real root solution and strategies that enable them to feel calm, confident, and empowered around food, body, and mind.

I've spent the past 23 years deeply caring for and listening to those with food struggles, which has nothing to do with actual food itself and everything to do with the **9 Effective Ingredients** that you'll find in this guide. I have learned how to provide the best support through a heart-centered, nonjudgmental space.

Although a lot of people will try to sell you one, there IS no perfect nutrition or workout plan for your total well-being. I don't believe in a one-size-fits-all approach to health. Sustainable success is all about tending to a process that feels good to you.

For those who think they have "had everything," healing at the **root cause** of disordered eating, overeating, or bingeing can shift all areas of life. I will guide you toward letting go of old patterns surrounding self-doubt and limiting beliefs, instead laying the foundation for building emotional intelligence and developing a satisfying relationship with food that'll allow you to thrive.

When you enter my world, you'll evolve into taking on a growth mindset, which promises to bring more joy, peace, love, and fulfillment. YOU are the expert in your life, thus, YOU get to choose what tools, skills, and strategies work best for you.

You're about to embark on a journey of creating meaningful, lasting change. Your mind and body have become accustomed to particular patterns, but now that you have a desire to change that, you can look forward to breakthroughs. **Aha!** moments, both big and small wins, smiles, and surprises. There will be some dips along the way - with highs and lows, fun and frustrations - but all the successes will make the journey well worth it.

Let's begin by sifting through those **9 Effective Ingredients** so you can start integrating them into your life!

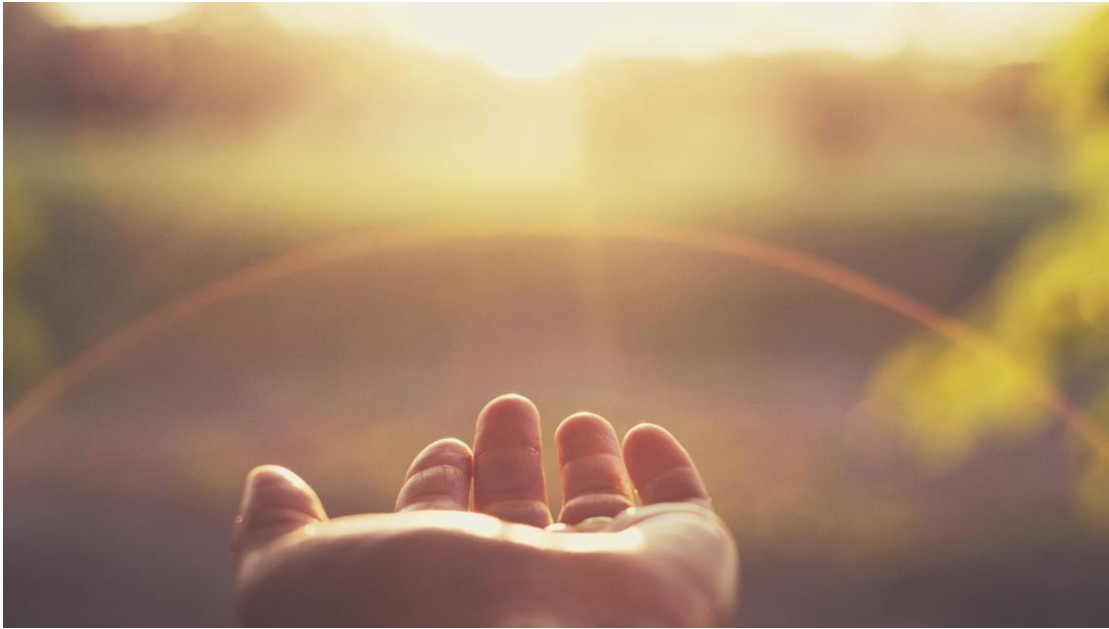
Lauren Dorman



## NINE TO NOURISHED: A Recipe for a Sweet & Savory Life

### Ingredients:

- 4 cups VISION
- 3 cups BELIEFS
- 2 cups SELF-LOVE
- 1 pint THINKING
- 3 tbsp COPING
- 1/3 cup REGULATING
- 1 quart NOURISHMENT
- 1/2 cup MOVEMENT
- Pinch of EXPECTATIONS

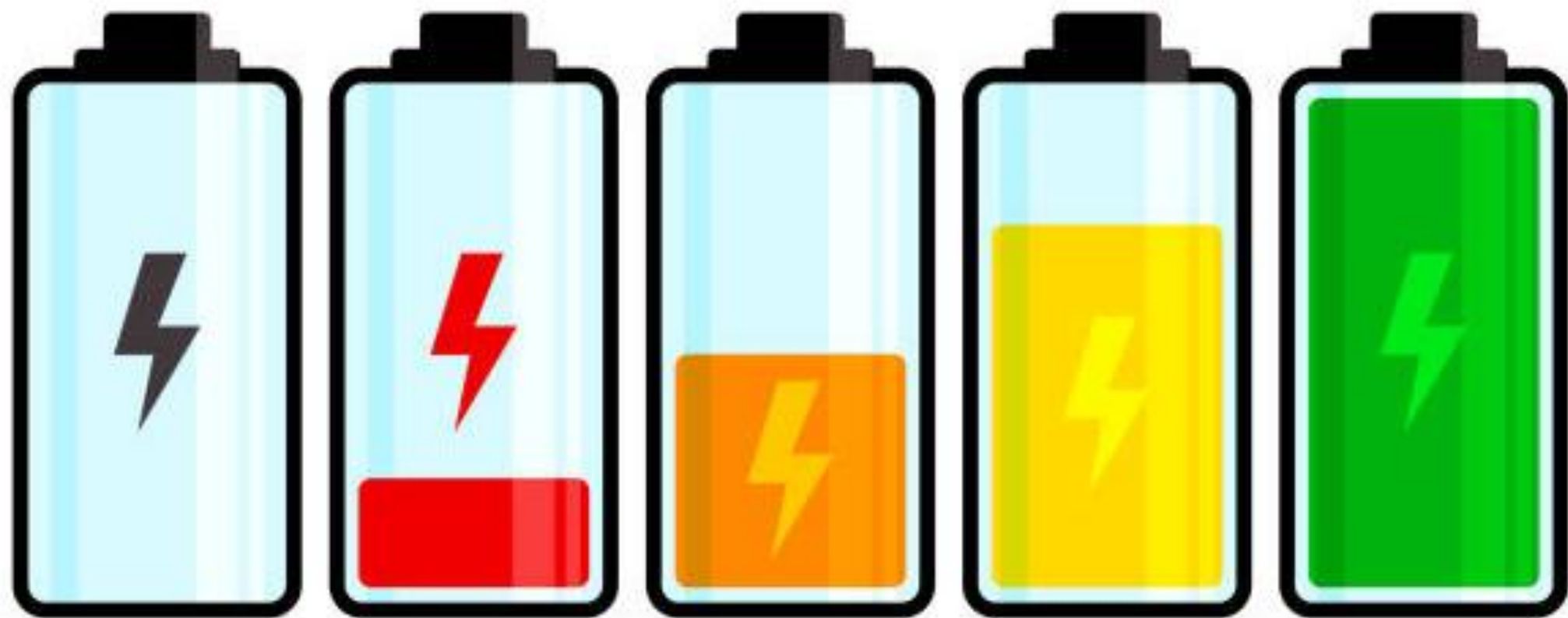


## June

2026

SUN	MON	TUE	WED	THU	FRI	SAT
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4





# Why Do The 11-Day Shred

- Fresh Start
- Relieve Bloating
- Release Fat
- Boost Energy
- Detox the Junk Out
- Sleep Better
- Glowing Skin
- Mental Clarity

GETTING SKINNY IS SIMPLE

3,370

163

31

YouTube  
Honeysuckle · 13:34

What I Eat in a Day

What I Eat In A Day to Stay Lean & Healthy

Watch >

Reply to mustafaabdulai4's comment

can you make a video telling us ur diet please

But if you just ate these exact meals on repeat for 4 weeks, you'd lose 2 pant sizes

## INTRODUCING PALEO!

WEEKS 9-12: 30 DAYS OF SQUEAKY-CLEAN 100% PALEO!  
(no grains, legumes, dairy, or sweeteners)

MONTH 3

WEEKS 5 & 6: PALEO B-FAST; WEEKS 7 & 8: PALEO B-FAST & LUNCH

MONTH 2

WEEKS 1-4: CUT GLUTEN & REFINED SUGAR

MONTH 1

Diana Rodgers, RD  
@sustainabledish

SWIPE →





Avoiding  
Grains

Low  
Carb

Paleo

No fruit

Keto

Protein  
Shakes

No Sugar

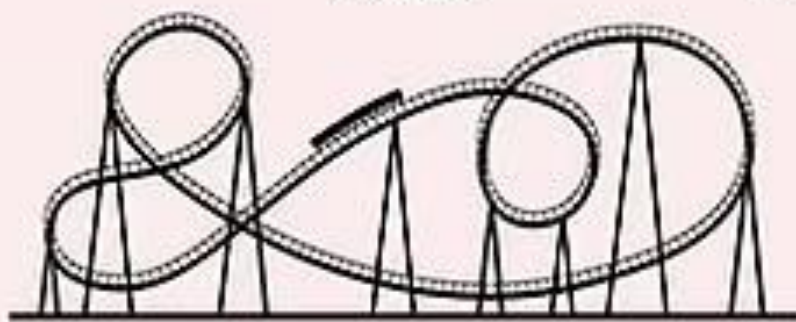
# The dieting roller coaster

Counting  
Calories

Skipping  
Meals

Intermittent  
Fasting

Raw  
Food

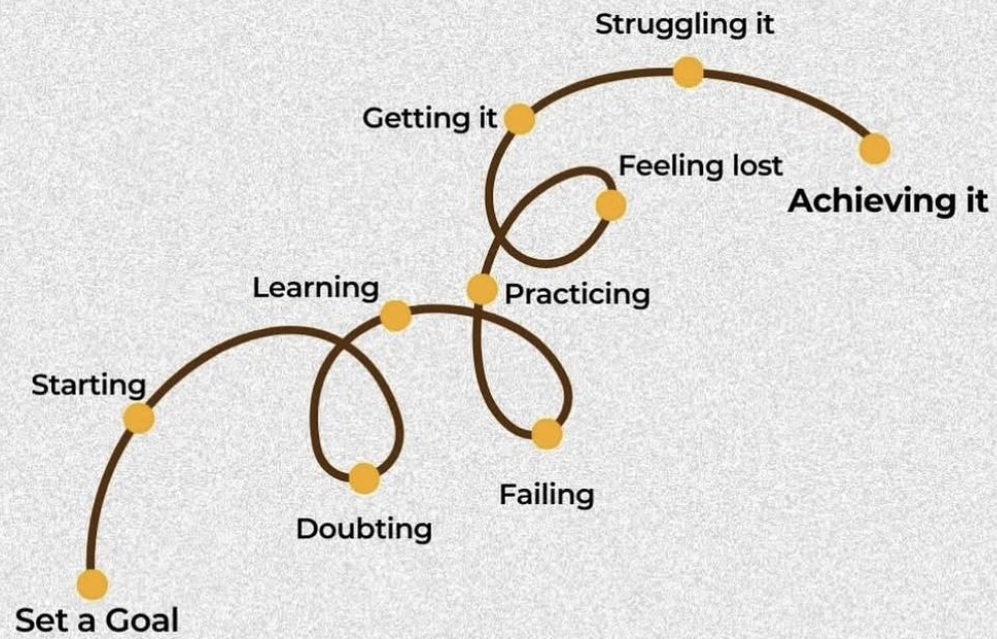


Low  
Fat

## How we want it to be.



## How it actually is.



THIS ISN'T REAL CONSISTENCY.



THIS IS REAL CONSISTENCY.





**“If we all want to reclaim access to more energy we have to stop doing it all and instead dial in on how our energy works best.”**



*-Erin King, The Energy Expert, Keynote Speaker Author, You're Kind Of A Big Deal*

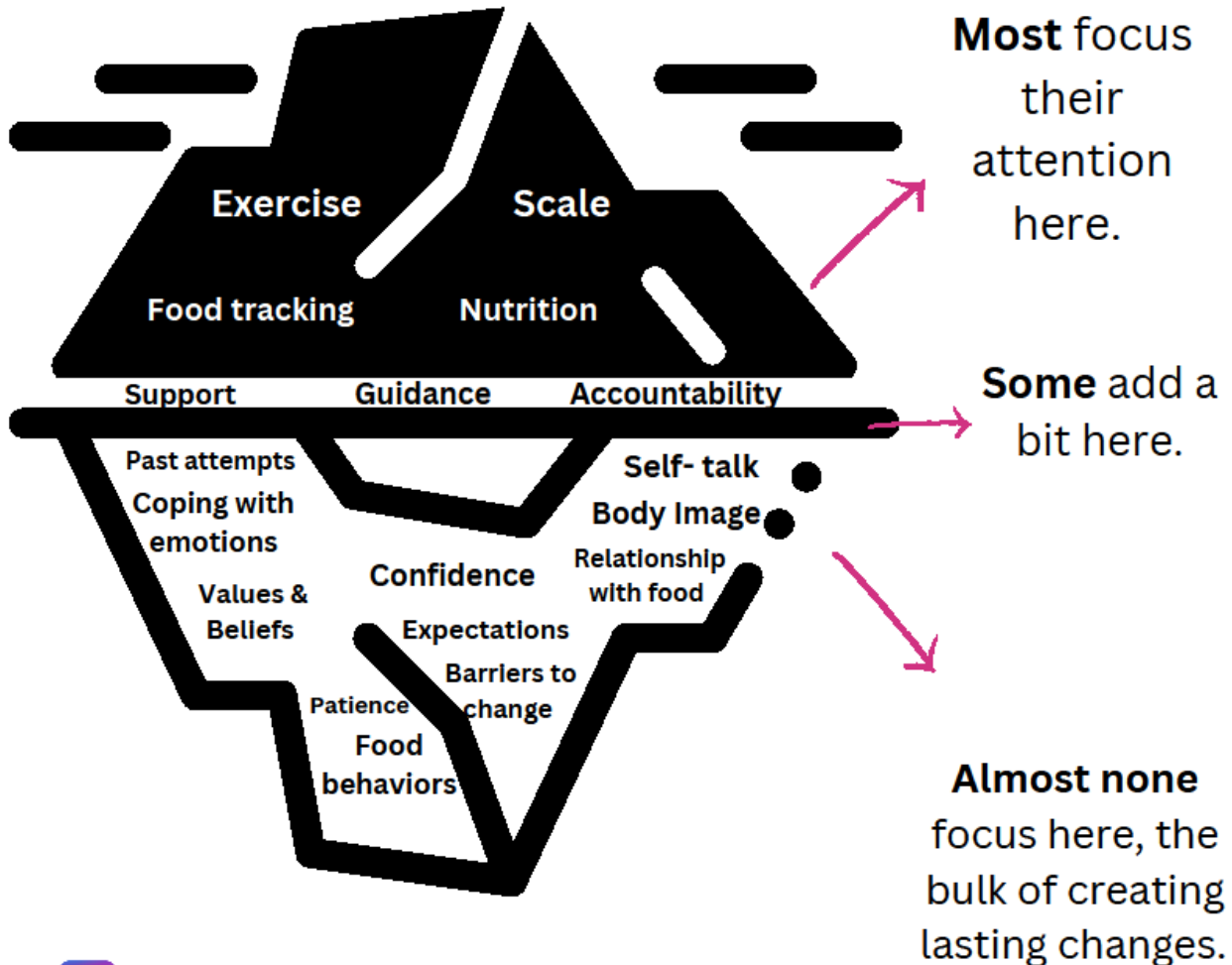
“I know what to DO, why am I not DOING it?”



- ◆ You don't actually know what you want.
- ◆ You're trying to do everything.
- ◆ You're not prepared for resistance.
- ◆ You don't prioritize your future self.
- ◆ You don't have the right support network.

**The 5 reasons why you don't follow through on a goal**

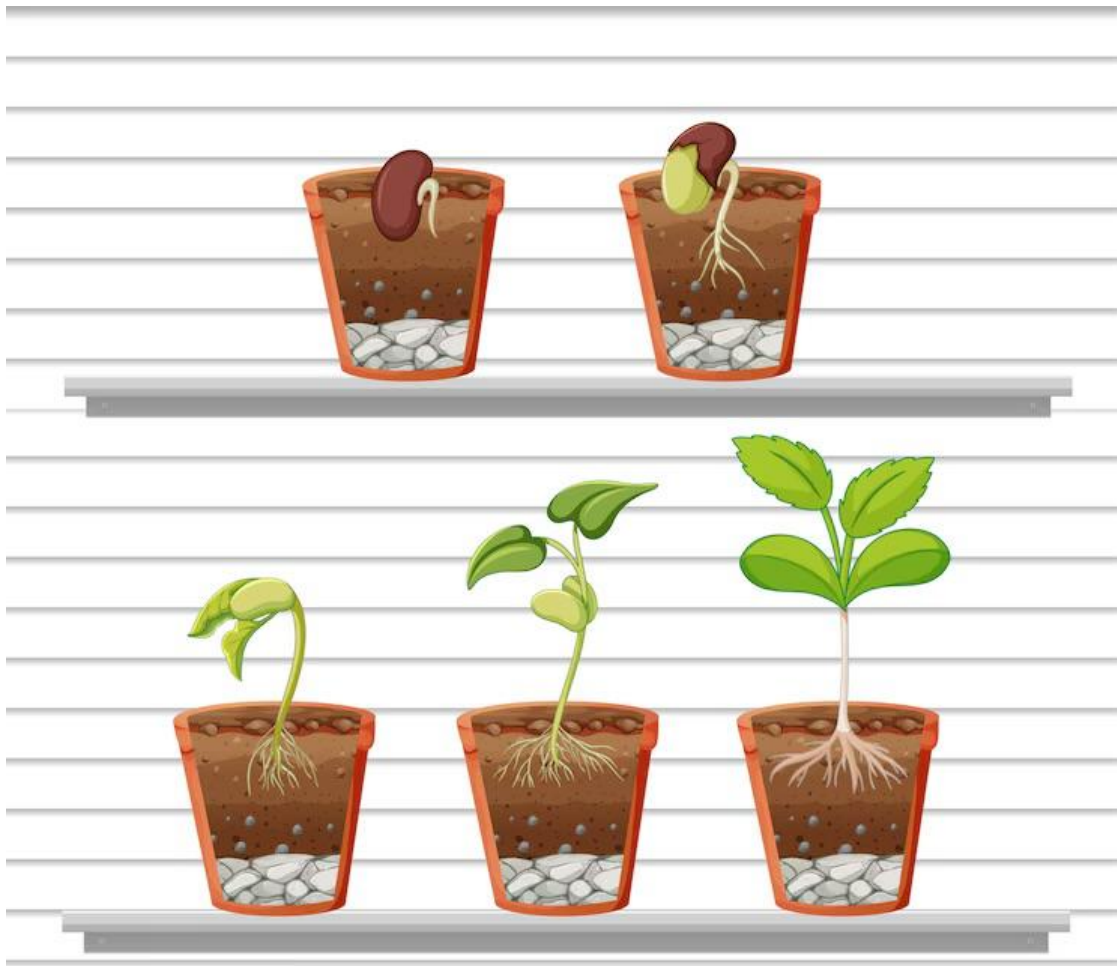
# Let's Get To The Root!



*Maria says:*

*“This was my missing link, if you don’t work on the mental aspects it’s superficial and temporary. You need to focus on the foundations. I am having wins that I haven’t had in years and I thank Lauren for her guidance and support”*







## The Biggest Roadblocks are often ignored!

### **LIMITING BELIEFS**

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I'm not good enough

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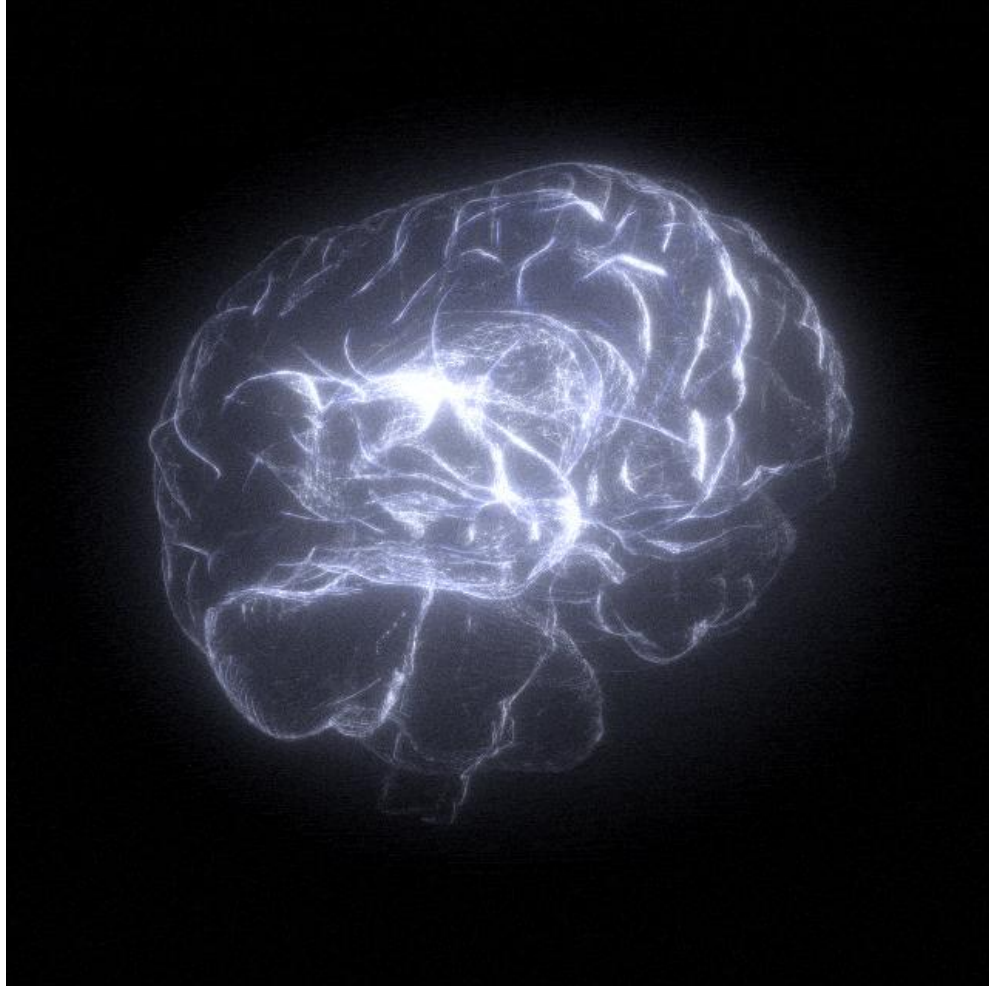
It's too late for me to make such changes

---

I don't know how I could get there

---

Success is easier for others (comparison)



**IF A GOAL DOES NOT  
MOVE YOU  
EMOTIONALLY, YOUR  
BRAIN WILL NOT  
MOVE YOU  
PHYSICALLY**

# Let's Shift !

**See your future self**

These four powerful vision questions will get you started and keep your momentum going throughout the change process.

1. Three months from now, what would you love to see for your health and well-being?
2. Why is this important for you to achieve?
3. What impact would this change have on your life?
4. What would worry you about not achieving such change?
5. How would you know that you achieved it?

**Heart-Centered Check In**

Pause - Present - Purpose (Vision and Future-Self) - Decide Differently

*Intentional Activation of DOSE*  
Natural feel good hormones

**Identity Realignment**

- 1) What limiting beliefs are you letting go of?
- 2) What statements are you reframing?
- 3) Who are you becoming?

-I am becoming a person who is capable of \_\_\_\_\_.

-I am someone who \_\_\_\_\_ consistently.

-I choose to prioritize \_\_\_\_\_ habits in my life.

**Focus on YOUR habit for 30 days**

Your habits & micro-habits need your actions to make progress

- 1) What is the one habit that matters in your life right now?
- 2) What is one micro-habit you want to take action on and WHY?

**Tiny Actions Create Big Change**

Your daily practices fuel your small wins for you to reach those big results

- 1) What is one tiny daily practice you can commit to so that this habit becomes second nature?
- 2) How will you regularly celebrate your small wins to keep the momentum going?

**CONGRATS! YOU DID IT!**

**You will begin to notice these outcomes:**

Focus • Energy • Productivity • Calmer Mood • Gratitude • Body Respect  
New Helpful Thoughts • Better Relationships • Overall Confidence

# SEE a clear NEXT LEVEL vision Future Self 2.0

Where do you want to see yourself in 3 months from now?

Why is it important for you to achieve?

What impact will this have on your life?

What would worry you about not achieving this?

How would you know you have achieved this?



Unlock Skill #1

Seeing your future vision (this clarity), precedes success!

Let's begin with these 4 powerful self-reflective questions. I'm here to help you see how this skill will allow you to get started and then keep you engaged throughout the change process.

1. Three months from now, what would you love to see for your health and well-being?

Reduce my A1C, stopper, ~~eat~~ Have a better relationship w/ food & feel hunger

2. Why is this important for you to achieve?

Longevity - Healthy living for myself & family

3. What impact would this change have on your life?

I would feel better about myself

4. How would you know that you achieved it?

My #'s come down, food noise would quell



## INTENTION

<b>EATING</b> 4-5x per day (honoring hunger + fullness levels)	1
<b>MOVEMENT</b> (enjoyable and fun)	2
<b>CONNECTIONS</b> (laughter and play)	
<b>HYDRATION</b> (drinking half of one's body weight in ounces of water per day)	
<b>SLEEP</b> (7-8 hours per night)	
<b>CONSUMING</b> veggies, fruits, fiber 2-4x per day	
<b>STRESS MANAGEMENT</b> (mindful breaks: read, stretch, meditate, breathe, become self-aware)	
<b>SOCIAL MEDIA</b> (free time – intentional)	
<b>COPING</b> (rewrite/reframe 3 unhelpful thoughts/beliefs)	3
<b>SUNLIGHT/NATURE</b>	
<b>OTHER</b> -----	

- ENERGY
- FOCUS
- CALMER MOOD
- PRODUCTIVITY
- CONFIDENCE
- GRATITUDE
- SUPPORTIVE THOUGHTS
- BETTER RELATIONSHIPS
- A STRONGER BODY, RESPECT, AND KINDNESS

## Instructions

Count how many times the players wearing white pass the basketball.

**But did you see the gorilla?!**



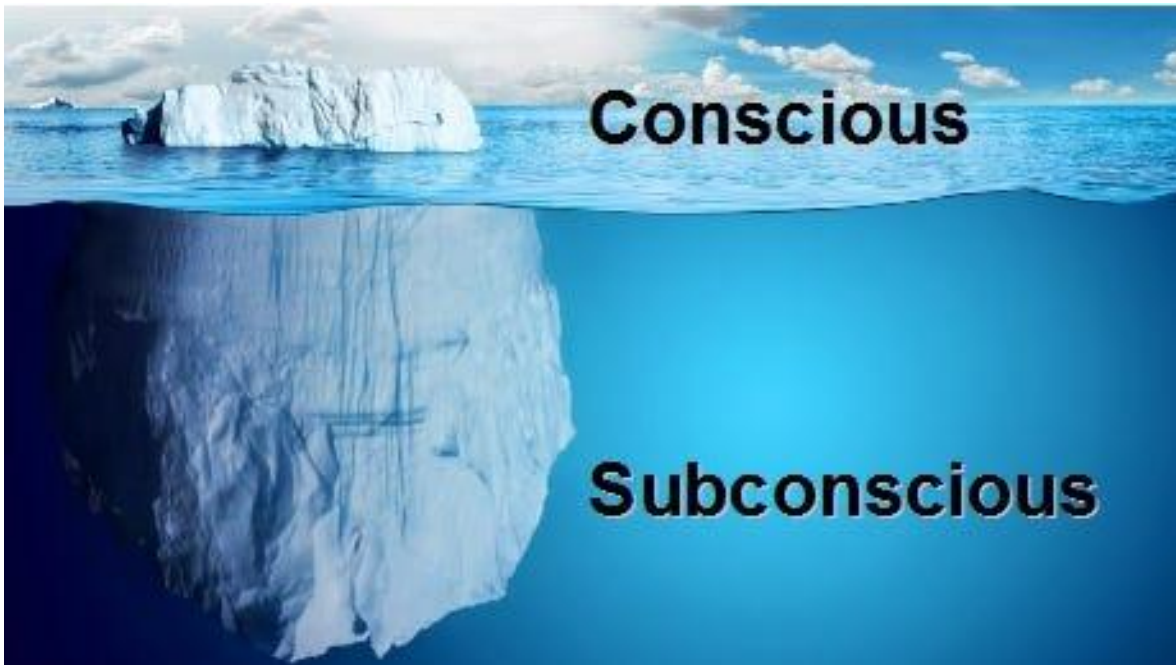
# Think about your strengths

## Skill-Building



# HEART centered check in...

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★ GET YOUR DAILY ★

D

DOPAMINE



THE  
REWARD  
CHEMICAL

- ★ Create something
- ★ Achieve a goal
- ★ Complete a task
- ★ Self-care activities

O

OXYTOCIN



THE  
LOVE  
HORMONE

- ★ Socialise
- ★ Hug a family member, friend or your pet
- ★ Help others

S

SEROTONIN



THE  
MOOD  
STABILISER

- ★ Get out in sunlight
- ★ Try mindfulness
- ★ Be with nature
- ★ Try meditation

E

ENDORPHINS



THE  
PAIN  
KILLER

- ★ Exercise
- ★ Listen to music
- ★ Watch a movie
- ★ Have a laugh with friends

# Activity



Always fill your  
own cup first

AND ALLOW THE WORLD TO BENEFIT FROM  
THE OVERFLOW

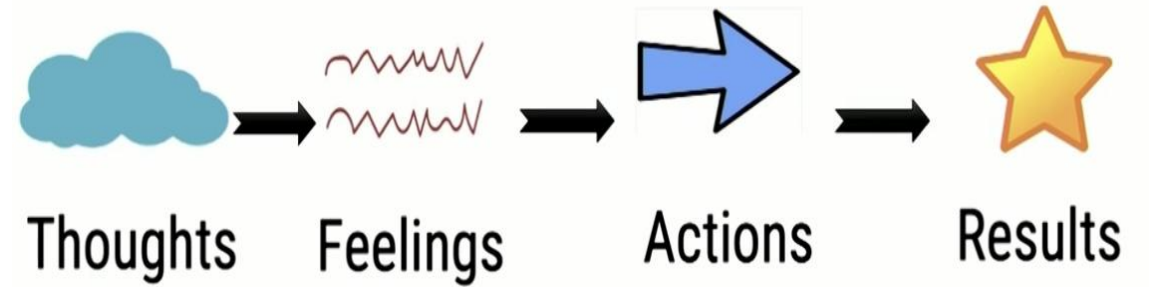
## Brain~~X~~Drainers

Overthinking  
Poor sleep  
No boundaries  
Cluttered spaces  
Sedentary time  
Overworking  
Dehydration  
Screen time  
Resentment  
Toxic people  
Self-doubt  
[REDACTED]  
The news  
[REDACTED]  
Stress

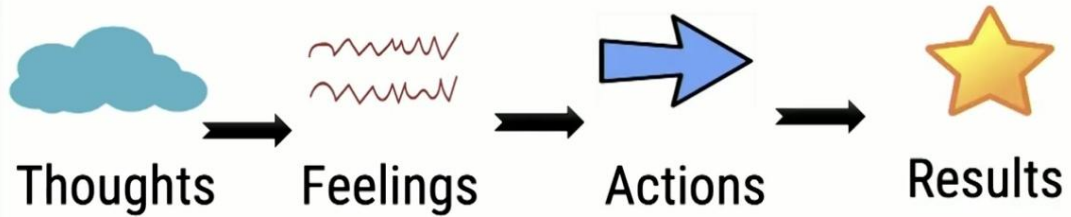
## Brain Boosters

Nature  
Resting  
Reading  
Sunlight  
Gratitude  
Hydration  
Meditation  
Movement  
Breathwork  
Community  
Decluttering  
Consistent Sleep  
Positive people  
[REDACTED]  
Learning new things

# The Cause of Our Results



# The Cause of Our Results




# IDENTITY realignment



Do + Have = Be



Be + Do = Have

A black and white photograph of a hand, palm facing up, with text overlaid. The hand is positioned against a dark background. The text is in a serif font, with the first part in all caps and the second part in title case.

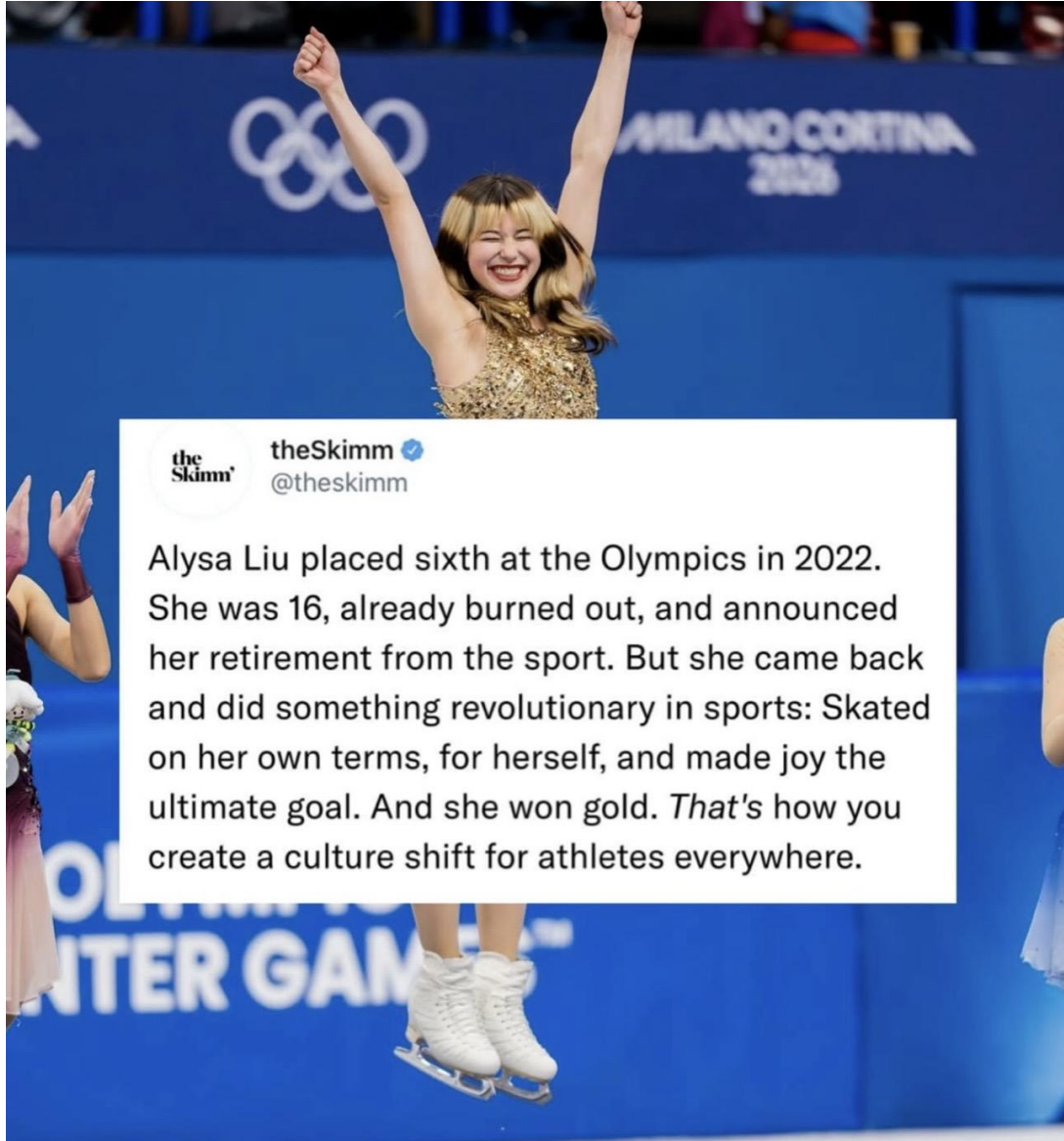
WE ARE NOT  
HUMAN **DOINGS.**

WE ARE  
HUMAN **BEINGS.**



“It’s about progress over perfection and small actions, just like when I was the team captain!”





theSkimm   
@theskimm

Alysa Liu placed sixth at the Olympics in 2022. She was 16, already burned out, and announced her retirement from the sport. But she came back and did something revolutionary in sports: Skated on her own terms, for herself, and made joy the ultimate goal. And she won gold. *That's* how you create a culture shift for athletes everywhere.

What you repeat...

you become...

**Our brains LOVE TO BE RIGHT!**

I am not my thoughts and can choose the thoughts I give energy to.

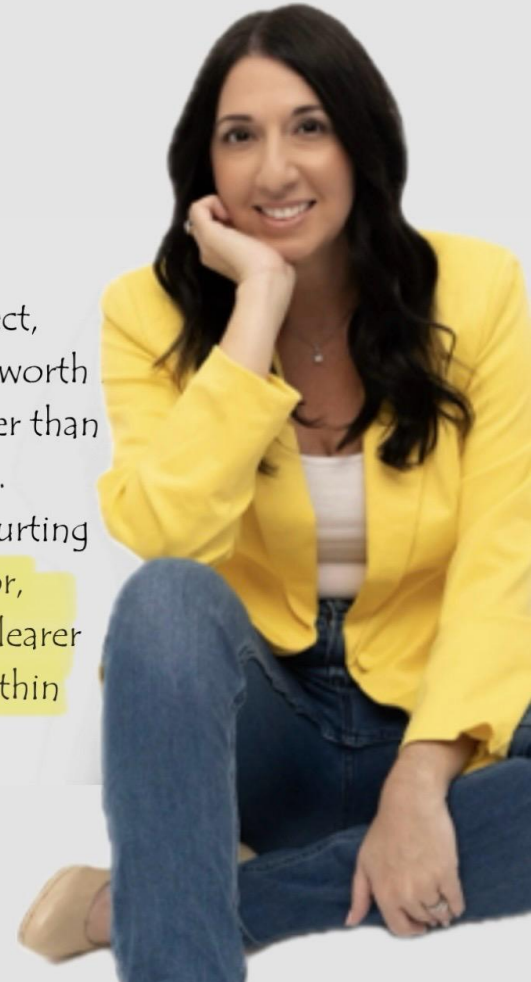
I am FEELING, not I am.



**If you do not change the way you *think*, nothing changes.**



She don't see her perfect,  
she don't understand she's worth  
Or that beauty goes deeper than  
the surface, Oh. Oh.  
So to all the girls that's hurting  
Let me be your mirror,  
help you see a little bit clearer  
The light that shines within



FOCUS on the  
that habit that  
matters most  
to **YOU!**

Nourishment

Movement

Mindful moments

Sleep/Rest

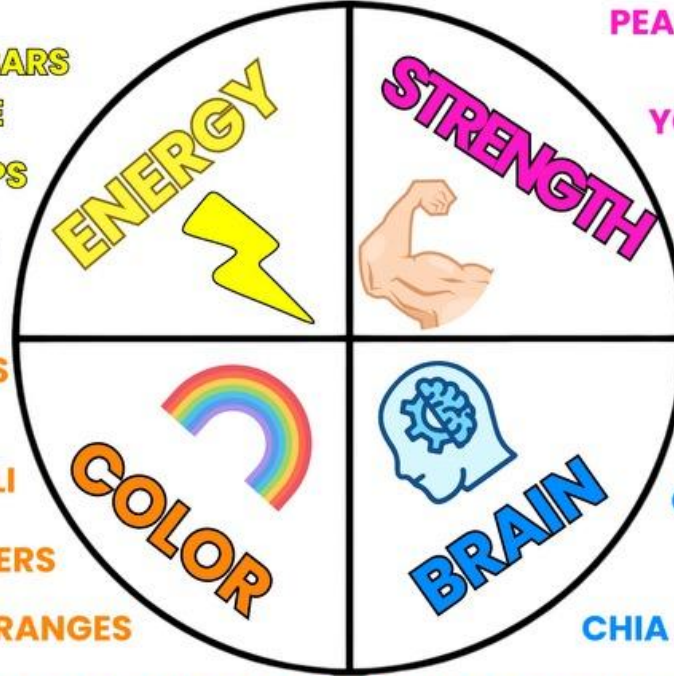
**SCHOOLS,**  
MASTER FOOD + MOOD

Elevate Eating + Emotional Well-Being

**POWER SNACK PLATE**  
CHOOSE ONE FROM EACH SECTION

- POPCORN
- GRANOLA
- PRETZELS
- BARS
- CHOCOLATE
- TORTILLA CHIPS
- CRACKERS
- BERRIES
- CARROTS
- GRAPES
- BROCCOLI
- MELON
- PEPPERS
- APPLES
- ORANGES

- EGGS
- CHEESE
- PEANUT BUTTER
- BEANS
- YOGURT
- EDEMAME
- AVOCADO
- SEEDS
- NUTS
- HUMMUS
- OLIVES
- OLIVE OIL
- CHIA & FLAX



**SWITCH UP YOUR SNACKS, NOTICE THE SHIFT.**

• ENERGY • MOOD • FOCUS •

**SNACK 1**

**SNACK 2**

**SNACK 3**

1	.....	1	.....	1	.....
2	.....	2	.....	2	.....
3	.....	3	.....	3	.....
4	.....	4	.....	4	.....

A top-down view of a white bowl with a blue dotted pattern around the rim, filled with a green salad. The salad includes lettuce, tomatoes, and other vegetables. A black fork is visible on the right side of the bowl. A person's hand is visible on the left side, holding the bowl. The background is a wooden surface.

**Zooming out means big picture:**

**1. Are you eating enough?**

**2. Are you getting a good mix of fruits, veggies, carbs, proteins and fats**

**3. How is your sleep?**









**4. What's your relationship to alcohol?**

**5. How is movement / exercise?**

**6. Are you managing stress?**

# A Nourished Mind

**Which 1-2 foods can you add weekly for more energy, brain performance, and lower risk of diseases?**

Food	Benefits
Salmon and fatty fish 	Omega-3 fatty acids important for memory and mental performance.
Berries 	Antioxidants important for increasing memory and preventing oxidative stress and/or neurodegenerative disorders.
Broccoli, leafy greens 	Rich in vitamin K, vitamin C and choline, these green veggies can ensure proper nerve and brain function, improving mood and memory.
Nuts & Seeds 	Contain protein, healthy fats, phenylalanine, antioxidants, magnesium, copper and vitamin E to boost energy and brain performance.
Avocados 	Contain fiber, healthy fats, vitamin K and folate, and help enhance blood flow, improving brain performance.
Eggs 	Contain choline. 1-2 eggs daily can improve improve memory and speed reaction time.
Green Tea 	Caffeine can provide energy and improved reaction time while antioxidants support memory.
Dark Chocolate 	Contains magnesium which can reduce stress, small amounts of caffeine for energy boost, and antioxidants for improved brain function and protection. May also increase endorphins and other feel good hormones.
Olive Oil 	Contains monounsaturated fats and polyphenols, known to slow brain aging.
Brown Rice 	Contains magnesium and other minerals that can improve cognitive health.

Focus on  
**your 1 habit**  
 2-4 weeks



## INTENTION

<b>EATING</b> 4-5x per day (honoring hunger + fullness levels)	
<b>MOVEMENT</b> (enjoyable and fun)	
<b>CONNECTIONS</b> (laughter and play)	
<b>HYDRATION</b> (drinking half of one's body weight in ounces of water per day)	
<b>SLEEP</b> (7-8 hours per night)	
<b>CONSUMING</b> veggies, fruits, fiber 2-4x per day	
<b>STRESS MANAGEMENT</b> (mindful breaks: read, stretch, meditate, breathe, become self-aware)	
<b>SOCIAL MEDIA</b> (free time – intentional)	
<b>COPING</b> (rewrite/reframe 3 unhelpful thoughts/beliefs)	
<b>SUNLIGHT/NATURE</b>	
<b>OTHER</b> -----	

TIPS TO MAKE THE MOST OUT OF YOUR TRACKER

...ing-edge Techniques to Maximize your Fullest Potential."

- Dr. Srin Pillay, Harvard Psychiatrist and Brain Expert

# INNERCISE

The New Science To **Unlock** Your Brain's Hidden Power



**JOHN ASSARAF**

...rk Times Bestselling Author of "Having It All" and "The Answer"

'Inspiring, insightful and practical. Everyone needs to read this book.' Dave Hughes

'The Habit Revolution reveals the secrets to lasting change.' Dr Oyungereel Byambasuren

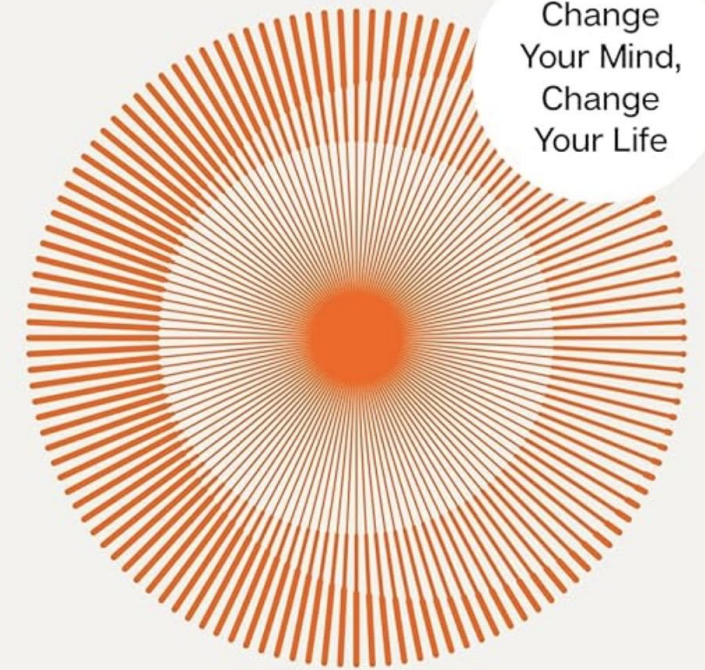
# The Habit Revolution

Simple steps to rewire your brain for powerful habit change

**Dr Gina Cleo**

# REWIRE

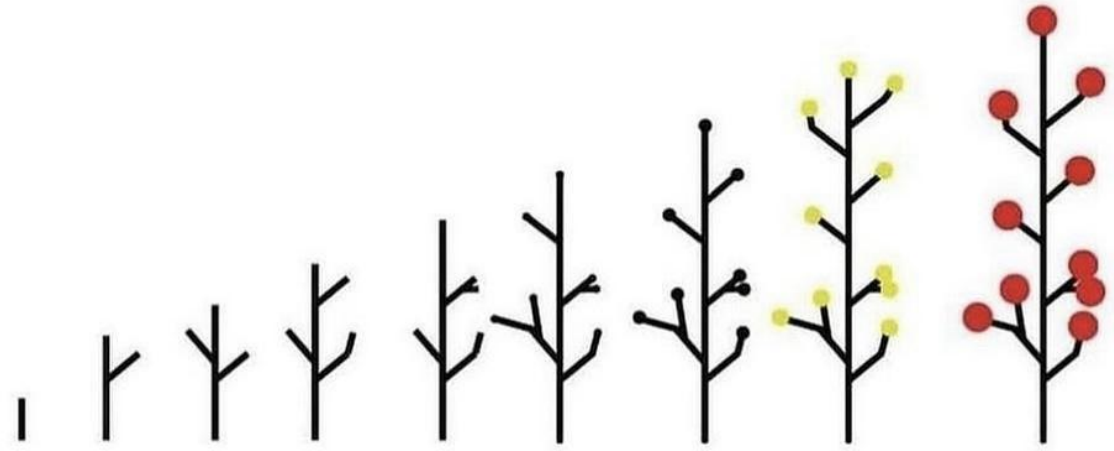
Break the Cycle,  
Alter Your Thoughts and  
Create Lasting Change



Change Your Mind,  
Change Your Life

**NICOLE VIGNOLA**

TINY actions  
create BIG  
change



Good things take time

# Be proud of tiny actions!

I got it done and it is  
now behind me

I got it done and it was  
really (hard, scary,  
new)

I got it done and I am  
really proud of myself

I got it done and I  
crushed it and I did a  
good job

I got it done and this  
was a BIG important  
step. It was important  
to get it done



Congrats you  
completed the  
SHIFT to become a  
Nourished Nurse!

SEE a clear vision of your future

HEART-centered check-in

IDENTITY realignment

FOCUS on your habit

TINY actions create big change

**Your ideas,  
thoughts, lessons,  
insights, and  
NOURISHMENT  
MATTERS!**



# Your 20-min Complimentary **TASTE OF NOURISHED** Call



- Together, I will get a feel for where you are and help guide you to take action on 1-2 NEW habits!

- Zoom or Regular Call

- **@Dont Diet Dietitian on IG**



Lauren's Support Call  
732-766-2616

