

# Burnout Nutrition Checklist: Doctor-approved foods & habits to restore energy, mood, and mental clarity



**This checklist offers a supportive approach to nutrition aimed at combating burnout. It emphasizes daily habits and foods that restore energy and enhance mental clarity. Each section outlines practical steps that can be integrated into a busy lifestyle, making wellness attainable. By focusing on nutrient-rich options and mindful practices, you can foster a more resilient and balanced state of being.**

The checklist is divided into five essential sections that guide you through daily dietary choices, hydration tips, and mini habits for healing. From incorporating specific nutrients that alleviate burnout to suggesting foods to limit, this resource supports your wellness journey. By practicing these habits, you can improve not only your physical health but also your emotional and mental well-being, ultimately leading to a more vibrant life.

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Embrace these simple yet effective guidelines to enhance your health and well-being. By adopting these habits, you can significantly impact your recovery from burnout and pave the way for a more energized and fulfilling lifestyle.

# Burnout Nutrition Checklist

**Doctor-approved foods & habits to restore energy, mood, and mental clarity**

This checklist is designed to support your nutritional needs for **burnout recovery**. Focus on daily habits that nurture your body and mind. Incorporate recommended foods and stay hydrated to enhance your overall wellness.

Use this guide to **prioritize your nutrition** and well-being. Each section provides actionable tips along with helpful insights on nutrients that combat burnout. Embrace these habits to cultivate a supportive environment for healing and rejuvenation.

*Support your recovery*

## Eat Daily

Focus on complex carbs, proteins, healthy fats, greens, and fermented foods.

## Nutrients Matter

Incorporate magnesium, B vitamins, omega-3s, vitamin C with iron, and fiber.

## Hydration Counts

Aim for 6–8 cups of water or herbal tea daily for optimal hydration.

## Limit These

Reduce sugary snacks, ultra-processed meals, alcohol, and caffeine after 2pm.

# EAT THESE DAILY

Doctor-approved foods & habits to restore energy, mood, and mental clarity



- Add 1 serving of complex carbs (oats, quinoa, brown rice)
- Include protein at each meal (eggs, lentils, chicken, fish)
- Add healthy fats (avocado, walnuts, chia/flax)
- Pile on leafy greens + colorful veg
- Include a fermented food (yogurt, kefir, kimchi, sauerkraut)
- Magnesium foods (greens, almonds, beans, dark chocolate)
- B vitamins (lentils, eggs, brown rice, greens)
- Omega-3s (salmon, sardines, chia/flax, walnuts)
- Vitamin C + iron combo (citrus + beans/poultry)
- Fiber for your microbiome (fruit, veg, legumes, seeds)

# Notes:

The **Burnout Nutrition Checklist** is your guide for incorporating doctor-approved foods and habits to restore energy, mood, and mental clarity. Use this checklist to help you stay aligned with your wellness goals and prioritize your nutrition throughout the day.



Start your journey towards recovery with simple dietary choices and mindful habits. By focusing on nourishing foods, it's easier to combat burnout and improve your overall wellbeing. This checklist outlines essential foods, hydration strategies, and mini habits that support healing. Follow these directives daily to create a balanced lifestyle that fosters resilience. Remember, small changes can lead to significant improvements in how you feel both mentally and physically.