

IndigoKoi Wellness, LLC

A SAFE SPACE FOR PERSONAL GROWTH AND RENEWAL

The IndigoKoi Wellness Plate™

— A Gentle Guide to Building
A More Nourishing Plate —

Real
Food.
A Kinder
Approach.
A Stronger
You.

*Add
Before You
Remove™*



NOURISH | SUPPORT | NOTICE | RESPOND

— ADD BEFORE YOU REMOVE™ —

WELCOME

A gentler place to begin

Many people arrive at wellness carrying years of food rules: eat this, never eat that, cut this out, count that, start over Monday. Over time, eating can become another place where a person feels evaluated instead of supported. That burden can feel especially heavy when life already includes chronic illness, grief, hormonal change, fatigue, caregiving, financial pressure, or a body whose needs are changing.

The IndigoKoi Wellness Plate™ begins somewhere different. It is not a diet, a scorecard, or a promise that one plate can meet every body's needs. It is a visual framework for noticing what is already present and asking what might make the meal more nourishing, satisfying, practical, and supportive.

At IndigoKoi Wellness, LLC, we return to a simple principle: before centering restriction, look for support. Before deciding that a familiar food has to disappear, ask what could sit beside it. Before chasing a perfect meal, make room for the meal that is possible today.

Nourishment is not a test you pass at mealtime. It is a relationship you build over time.

Warmly,
Coach Winona

The IndigoKoi Wellness Plate™

1/2

COLORFUL PLANTS

Fill half your plate with non-starchy vegetables, leafy greens, and a variety of colorful plant foods. They provide fiber, vitamins, minerals, and naturally occurring plant compounds that support your overall well-being.

Variety gives you more nourishment.

1/4

PROTEIN

Include a source of quality protein such as fish, poultry, eggs, beans, lentils, tofu, or lean meats. Protein helps support energy, muscle, immune function, and satisfaction throughout the day.

Choose what works for you.

1/4

FIBER-RICH CARBOHYDRATES

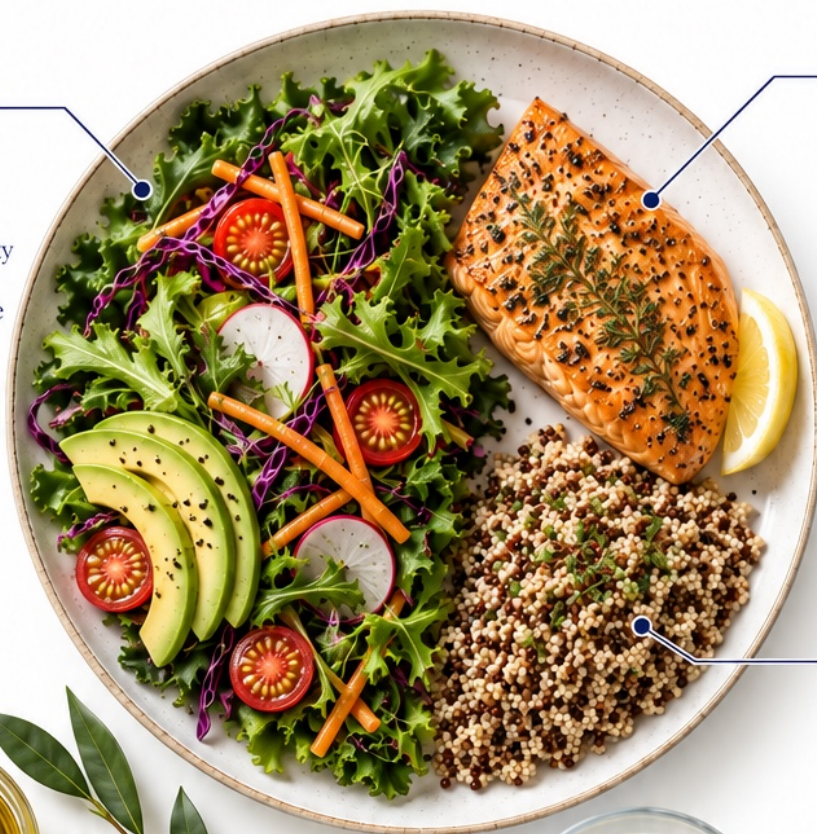
Add whole, nutrient-dense carbohydrates such as quinoa, brown rice, sweet potatoes, legumes, or intact grains. They provide fiber, sustained energy, and important nutrients.

Quality and portion matter.

HYDRATION

Water supports every system in your body. Enjoy water throughout the day and include electrolytes when needed.

Sip with intention.



HEALTHY FATS

Include sources such as olive oil, avocado, nuts, seeds, tahini, or other preferred fats. They add flavor, support nutrient absorption, and help you feel satisfied.

A little goes a long way.



FOUNDATION

What is a nourishing plate actually trying to do?

A plate graphic is useful only when we understand what it represents. Food supplies energy and raw materials the body uses every day. Protein provides amino acids. Carbohydrate-containing foods can provide energy, fiber, vitamins, minerals, and naturally occurring plant compounds. Dietary fats provide essential fatty acids, contribute to satisfaction, and help with the absorption of fat-soluble vitamins. Plant foods can widen the range of nutrients and naturally occurring compounds available across the diet.

A nourishing meal also has a human job. It needs to be obtainable, tolerable, culturally recognizable, and satisfying enough to fit the life you are actually living. A meal that looks ideal on paper but ignores appetite, symptoms, budget, schedule, traditions, access, or medical needs is not individualized care.

That is why the $\frac{1}{2}$ - $\frac{1}{4}$ - $\frac{1}{4}$ proportions in this guide are visual anchors rather than nutritional mathematics. Breakfast may not resemble dinner. Soup will not look like a divided plate. A bowl of stew, curry, gumbo, stir-fry, beans and rice, or another mixed dish may contain several components together. The principles can still travel with you.

The goal is not a prettier plate. The goal is a more supported person.

COLORFUL PLANTS

Color is information, not decoration

“Eat the rainbow” can sound like another wellness slogan, but the useful idea underneath it is variety. Different plant foods contain different combinations of vitamins, minerals, fiber, pigments, and other naturally occurring compounds. No single color needs to be assigned a miracle job, and no one food needs to carry the burden of fixing health.

A gentler goal is to widen variety over time. Deep greens one day, berries another, orange vegetables at dinner, herbs in a sauce, beans in a soup. If raw produce is difficult to tolerate, cooked or blended foods may be easier. Frozen produce can reduce waste and cost. Canned foods can be practical when selected around your needs. Nourishment is not made more meaningful by being inconvenient.

Notice what supports you. Keep what works. Adjust what does not.

PROTEIN

Give the meal an anchor

Protein is made of amino acids that the body uses to build and maintain tissues and to make many enzymes, hormones, and other important compounds. Protein can also contribute to the staying power of a meal. Yet a plate can look abundant while containing only a small amount of meaningful protein.

Rather than prescribing one universal number, this guide asks you to identify the protein source in the meal and consider whether it fits your needs. Age, body size, activity, appetite, pregnancy, medical conditions, kidney function, recovery needs, and other factors can change appropriate intake. When your health situation requires a specific target, individualized guidance matters more than a generalized wellness rule.

Notice what supports you. Keep what works. Adjust what does not.

CARBOHYDRATES

Carbohydrates deserve a better conversation

Carbohydrates are often discussed as though they are one food with one effect. They are not. Beans, lentils, oats, fruit, potatoes, intact grains, sweets, and highly refined snack foods may all contain carbohydrate, yet their nutritional profiles and the way they appear in a meal can be quite different.

Instead of beginning with fear, look at context. What is the carbohydrate source? Does it bring fiber or other nutrients? What accompanies it? What portion works for you? How do your medical needs affect the choice? For some people, carbohydrate amount and timing require careful management. For others, removing nourishing carbohydrate foods unnecessarily can make eating more restrictive without making it more supportive.

Notice what supports you. Keep what works. Adjust what does not.

FATS + HYDRATION

Support around the plate

Fat is not simply an extra to add because a template says so. It contributes essential fatty acids, flavor, texture, satisfaction, and helps the body absorb vitamins A, D, E, and K. Olive oil, avocado, nuts, seeds, olives, and other preferred sources can be incorporated in ways that make sense for the meal.

Hydration deserves equally individualized thinking. Water is a useful default for many people, but there is no single fluid target that belongs to everyone. Climate, activity, medications, kidney or heart conditions, and other health circumstances can change fluid and electrolyte needs. If your care team has given you specific guidance, that guidance takes priority.

Notice what supports you. Keep what works. Adjust what does not.

REAL LIFE NOURISHMENT

Start with the meal you already eat

Food does not have to lose its history to become more nourishing. Familiar meals, family recipes, cultural foods, convenience foods, and restaurant meals can all be approached with curiosity rather than correction. The first question is not “How do I replace this?” It is “What is here, and what might support it?”

Spaghetti night

Keep the meal recognizable. Consider a meaningful protein source, vegetables in or alongside the sauce, and a portion that fits your needs. The goal is not to turn spaghetti into something unrecognizable.

Rice bowl or stir-fry

Notice the balance across the bowl: protein, vegetables, rice or another carbohydrate source, and the fats or sauces already present. Mixed dishes do not need to be separated into perfect quarters.

Toast for breakfast

Toast can remain. Ask what would give the meal more staying power: eggs, nut or seed butter, another tolerated protein, fruit, or another food that works for you.

Soup on a difficult day

Begin with the soup you can manage. Beans, lentils, chicken, tofu, vegetables, whole grains, or a nourishing side may make it more substantial when appetite and tolerance allow.

Takeout or a restaurant meal

You do not need to earn or compensate for it. Look for an addition or combination that helps the meal feel more complete, then return to ordinary nourishment at the next meal.

WHEN CAPACITY CHANGES

When the ideal plate is not available

There will be days when the plate on these pages is simply not realistic. Symptoms can change appetite. Grief can make cooking feel far away. Brain fog can make planning difficult. Caregiving can leave very little energy for your own meal. Food access and finances can narrow choices. On those days, nourishment does not disappear simply because presentation does.

A frozen meal with added vegetables is still a meal. Crackers, soup, fruit, a simple sandwich, leftovers, or a tolerated shake may be more useful than skipping food while waiting for the energy to create something “better.” When intake is persistently low, swallowing is difficult, nausea is ongoing, weight is changing unexpectedly, or symptoms interfere with eating, contact an appropriate healthcare professional rather than trying to solve the problem through willpower.

Do not abandon nourishment because you cannot create the ideal meal. Find the next good addition.

INDIVIDUALIZATION

When your body needs a different plate

The IndigoKoi Wellness Plate™ is an educational framework, not a medical diet. Some bodies need a different pattern. Diabetes management, kidney disease, gastrointestinal conditions, food allergies, pregnancy, eating-disorder history, swallowing difficulties, medically prescribed diets, appetite loss, certain medications, and other circumstances can materially change what, how much, or when a person should eat.

A wellness framework should help you ask better questions. It should never ask you to ignore your diagnosis, symptoms, laboratory findings, prescribed treatment, or qualified healthcare team. If a recommendation in this guide conflicts with your individualized care plan, follow the individualized plan and bring your questions to the professional who knows your medical history.

Individualization is not failure to follow the plan. It is the point of responsible care.

REFLECTION

My Nourishment Check-In™

This is observation, not grading. Use the page to learn what supports you.

NOTICE

What am I already eating?

What is already supporting me in this meal?

How hungry am I right now?

What sounds tolerable and realistic today?

REFLECTION

Add, then respond

ADD

Would more protein help complete this meal?

Could I comfortably add a plant food?

Would a fiber-rich carbohydrate support my needs?

Is something missing that would make this meal more satisfying?

RESPOND

How did I feel after eating?

What would I keep? What might I gently adjust next time?

My next good addition is:

Bring this reflection with you.

Your notes can become a starting point for your next coaching conversation - not a grade,
simply useful information about what is supporting you now.

A SOFT RETURN

One meal. One addition. One useful question.

You do not have to change everything on your plate to begin caring for yourself differently. Sometimes nourishment begins with one addition, one meal, one question - and the willingness to notice what helps.

Choose one meal this week. Do not rebuild it. Simply notice what is there and make one addition that feels realistic. That small act gives you information. Over time, those observations can become a way of eating that feels less like following rules and more like knowing how to support yourself.

What does your plate need more of - not less of?

Ready for support that fits your real life?

You do not need another set of food rules. Sometimes what helps most is having a thoughtful place to notice what is already working, understand what may need more support, and choose a next step that feels realistic for your body and your life.

Your next step does not have to be a complete overhaul. It can simply be a conversation.

Schedule Your Soft Landing Place

A private one-to-one conversation with Coach Winona

www.IndigoKoiWellness.com

About Coach Winona

Coach Winona is the founder of IndigoKoi Wellness, LLC and a Trauma-Informed Integrative Wellness Coach & Grief Counselor. Her work brings together emotional well-being, chronic-illness-aware coaching, nourishment education, grief support, and practical lifestyle change.

Educational disclaimer

This resource is for general wellness education and coaching support. It is not medical advice, diagnosis, treatment, or individualized medical nutrition therapy, and it does not replace care from a physician, registered dietitian, or other qualified healthcare professional. Individual nutrition needs may vary with health conditions, medications, pregnancy, allergies, intolerances, eating-disorder history, and other circumstances. Discuss significant dietary changes with an appropriate member of your healthcare team when individualized care is needed.