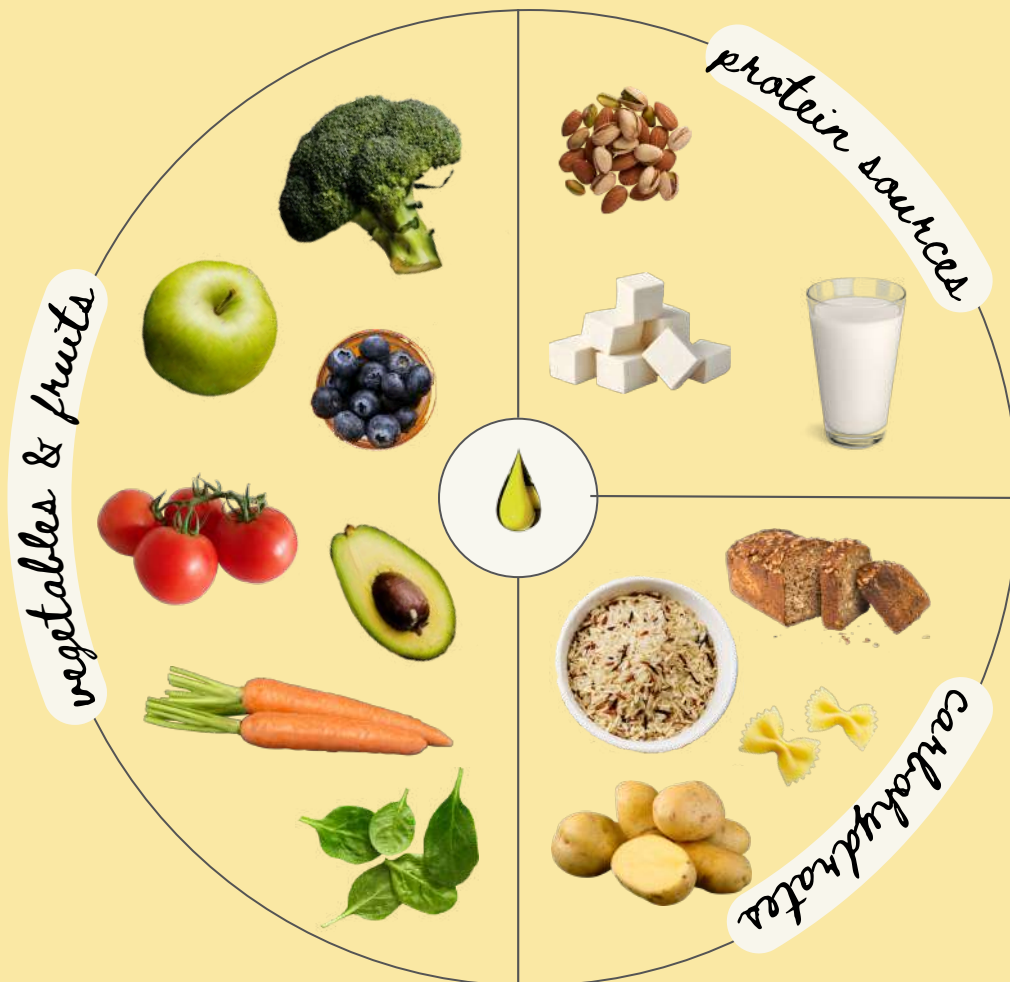


WHAT IS YOUR VEGETARIAN PLATE REALLY BUILT ON?



A Gentle Self-Check For Energy, Digestion & Cravings

Why this self-check is different

Most nutrition advice starts with rules.

Eat this.

Avoid that.

Count more.

Restrict harder.

This self-check begins somewhere else.

It begins with a simple question:

What has your body been adapting to — day after day — without you realising it?



This assessment is not here to judge you, but to help you understand:

Your body adapts to what you repeatedly give it — not just in calories, but in balance, rhythm, and variety. Many vegetarian diets are built around carbohydrates for familiarity and energy, with protein, fats, and vegetables treated as optional additions.

You may feel full. But not fully supported

Over time, the body learns to cope with what it is given. It gradually adjusts its internal systems, working continuously to maintain balance. It does its best to stabilise blood sugar levels, supports digestion as efficiently as possible, and pushes through waves of fatigue with quiet resilience, doing everything it can to keep the body functioning despite the challenges.



This assessment helps you see:

- ✓ where nourishment may be incomplete, not incorrect
- ✓ why cravings may be logical, not impulsive
- ✓ how symptoms are often signals, not flaws

Think of it as holding up a mirror — not to criticise, but to clarify.

Not to judge who you are, but to gently understand what you may be experiencing. Because true awareness is never about blame or criticism — it is the first compassionate step toward meaningful understanding, positive change, and lasting improvement.



How To Use This Self-Check

How to answer

- Focus on your usual habits, not your perfect ones.
- Circle what feels most accurate
- Don't overthink. Choose honesty over perfection.

There are no good or bad answers here. Only information.

Scoring

OFTEN

2

SOMETIMES

1

RARELY

0

You'll add up your score at the end.



The Reality Check

Circle what feels true most of the time.

- 1) MY MEALS USUALLY REVOLVE AROUND ROTI, RICE, BREAD, OR POHA — WITH VEGETABLES OR PROTEIN ADDED ON THE SIDE.

Often

Sometimes

Rarely

- 2) I FINISH A MEAL FEELING FULL, BUT FEEL HUNGRY OR SNACKY AGAIN WITHIN 2–3 HOURS.

Often

Sometimes

Rarely

- 3) I EAT DAL, PANEER, CURD, OR LEGUMES — BUT NOT AT EVERY MAIN MEAL.

Often

Sometimes

Rarely

- 4) ON BUSY DAYS, MY “VEGETARIAN MEAL” IS OFTEN TEA + SNACKS, TOAST, OR SOMETHING QUICK.

Often

Sometimes

Rarely



5) MOST OF MY MEALS ARE ONE- OR TWO-COLOUR PLATES, NOT COLOURFUL.

Often

Sometimes

Rarely

6) I EAT VEGETABLES, BUT THEY ARE OFTEN OVERCOOKED, MINIMAL, OR REPETITIVE.

Often

Sometimes

Rarely

7) I RELY ON FRUIT, BISCUITS, NAMKEEN, OR CHAAT WHEN I NEED A QUICK ENERGY BOOST.

Often

Sometimes

Rarely

8) I EXPERIENCE BLOATING, GAS, ACIDITY, OR HEAVINESS — AND ASSUME IT'S NORMAL.

Often

Sometimes

Rarely

9) I AVOID GHEE, OIL, OR NUTS BECAUSE I WORRY THEY'LL CAUSE WEIGHT GAIN.

Often

Sometimes

Rarely





10) I EAT FRUITS, BUT MOSTLY THE SAME 1–2 FRUITS EVERY DAY.

Often

Sometimes

Rarely

11) I DEPEND ON PACKAGED VEGETARIAN FOODS (BREAD, CEREALS, FROZEN ITEMS, PROTEIN BARS).

Often

Sometimes

Rarely

12) I FEEL TIRED, FOGGY, OR LOW IN ENERGY — AND BLAME STRESS, SLEEP, OR AGE, NOT FOOD.

Often

Sometimes

Rarely

13) I EAT AT DIFFERENT TIMES EACH DAY, DEPENDING ON MY SCHEDULE.

Often

Sometimes

Rarely

14) I STOP EATING BECAUSE THE PLATE IS EMPTY — NOT BECAUSE I FEEL SATISFIED.

Often

Sometimes

Rarely

15) I'VE NEVER BEEN SHOWN HOW TO BUILD A BALANCED VEGETARIAN PLATE — I JUST EAT WHAT I KNOW.

Often

Sometimes

Rarely



Your Score + The Pause



YOUR SCORE (Out of 30)

Write your total here: _____

Score of 22–30: Carbohydrate-Dominant Vegetarian

Your meals likely centre on familiar starches, with protein and fats playing a smaller role. This often creates fullness without lasting satiety.

The body may respond with:

- Mid-afternoon cravings
- Fluctuating energy
- Desire for sweets or quick snacks

One gentle shift:

At one meal this week, build your plate in this order:

Protein → Vegetables → Carbohydrates.



Not permanently. Just once. Observe.



Score of 12–21: Low-Support Vegetarian

You care about eating well, but no one gave you a clear map.

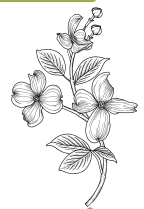
You're trying to make conscious, thoughtful choices — reading labels, choosing better options, being more aware — yet there's no real structure holding it all together.

Without rhythm or consistency, even the best intentions can start to feel scattered. And that often shows up in subtle but frustrating ways: random cravings that seem to come out of nowhere, mid-day energy dips, bloating, sluggish digestion, or feeling unsatisfied even after eating.

Your body may be craving: **Clarity, rhythm, & consistency.**

One gentle shift:

Add one new vegetable or protein source to one meal a day. That's enough.



Score of 0–11: Inconsistent-Balance Vegetarian

Your diet may look “clean,” but your body is likely running on empty.

This is not a willpower issue.
It’s an information gap.

Your body may be craving:
Enough food. Enough fats. Enough nourishment.

One gentle shift:
Before snacking, ask: “Do I need food, rest, or warmth?” Respond honestly.



The Pause (Read Slowly)


Most vegetarian diets drift quietly — not because they're unhealthy, but because they can become repetitive, convenient, carb-heavy, low in density.

Sit with that.

YOUR LOUDEST BODY SIGNAL

- ❑ Mid-afternoon sugar cravings
- ❑ Evening snacking even after dinner
- ❑ Constant hunger despite full meals
- ❑ Bloating, heaviness, or acidity
- ❑ Fatigue or brain fog
- ❑ Emotional eating when stressed





This is not random. It's your body repeating the same request — in different ways.

Cravings are not a lack of control. They are communication.

At The Beach House – Goa's EatWell Retreat, we don't push diets. We don't label food as good or bad. We help you understand:

- why your body is asking for what it's asking for
- what's missing, not what's "wrong"
- how to respond gently, without overwhelm

If this self-check stirred curiosity, confusion, or clarity — that's a good sign.

You're not failing at eating well. Your body has just been speaking a language no one taught you to understand.

We'd love to help you translate it through our EatWell consultations and Educational modules. Real vegetarian lives deserve real nourishment, not rules. Enquire today!!



The
BeachHOUSE
Goa