MERCY PAPERS

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From Boardroom to Bedroom

Why executive nutrition plans must survive the whole day

MERCY UDOM

INTEGRATIVE NUTRITION HEALTH COACH

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A whole-day framework connecting meetings, commuting, household routines, evening eating and recovery.

Educational content only. This paper is not medical advice and does not replace individual assessment by a doctor or registered dietitian.

The split-life problem

Executive wellbeing programmes often stop at the office door. Yet the same person moves through early calls, commuting, formal lunches, family responsibilities and late-evening work. A plan that covers only workplace meals may move pressure elsewhere. The whole-day view asks where decisions occur, which periods are predictable and which are vulnerable.

Protect transitions

Transitions are high-leverage moments: waking, leaving home, moving between meetings, arriving home and preparing for sleep. Small arrangements can support consistency, such as a low-effort breakfast, a pre-agreed meeting lunch, food before a long commute or an evening meal that does not depend on late decision-making. These should reflect appetite, culture, family life and clinical advice.

Keep claims in proportion

Food supports health and normal physiology, but the relationship between one meal and executive performance is complex. Premium services should resist exaggerated claims about brain foods, detoxification or guaranteed clarity. The stronger proposition is steadiness: reduce avoidable hunger, improve dietary variety and make balanced choices more accessible.

Include the household carefully

Where the client wishes, household teams can implement shopping lists, preparation standards and travel supplies. They do not need diagnoses, test results or private coaching notes. Operational instructions should be separated from sensitive data, and family members should never be conscripted into the client's weight or performance programme.

Review lightly

A weekly review need not be a complex dashboard. Three questions may be enough: where did the system work, where did it fail and what one change would make next week easier? The desired end state is not permanent dependence on coaching, but a reliable set of routines and decision rules the client can own.

Selected references

1. World Health Organization. Healthy diet.
https://www.who.int/news-room/fact-sheets/detail/healthy-diet

2. NHS. Eating a balanced diet.
https://www.nhs.uk/live-well/eat-well/how-to-eat-a-balanced-diet/eating-a-balanced-diet/

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