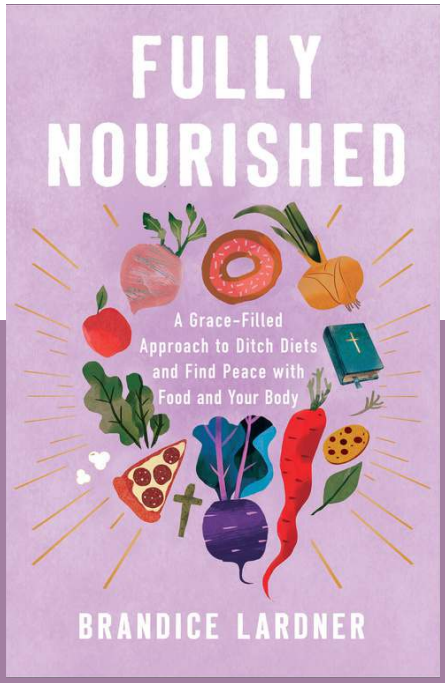

Fully Nourished:
A Grace-Filled Approach to Ditch Diets and Find Peace with Food and Your Body

by Brandice Lardner

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To schedule an interview or request a copy of the book, please contact:

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Revell

Certified Nutrition Coach on Ditching Diet Shame and Embracing a Christ-Centered View of Food and Yourself

As Christian women, we know that we are fearfully and wonderfully made, yet many of us have been in a war with our own bodies for years—tediously tracking calories, eliminating food groups, jumping on the latest exercise trend, you name it. Through all the conflicting advice, weight lost and regained, and shame when we fall short, we never get to the heart of the matter: why we started overeating in the first place or why our sense of worth has become entangled in what we eat and how we look.

Certified nutrition coach and health expert Brandice Lardner provides a better way in her new book ***Fully Nourished*** **(Feb. 2026, Revell).** An invitation to step off the exhausting treadmill of dieting and into the freedom Jesus offers, Larder lays out how true, lasting, life-altering freedom is found by changing *from the inside out.*

The Grace-Filled Plate owner gently guides women through sustainable practices grounded in biblical truth, sound nutrition, and habit-building science. Readers will discover how to:

- nourish their body without shame
- renew their mind with grace
- build habits that support their health
- find food freedom by meeting their physical, emotional, and spiritual needs.

"**It's not about the food. It's about what you want food to do for you . . . that only God can. He can soothe every hurt and heal every wound when you let him in. Are you ready to let the Lord guide and direct you to food freedom? This kind of freedom begins where self-sufficiency ends.**

It's not about perfect eating or cutting out entire food groups— it's about peace. Peace with food. Peace with your body. And peace with your heavenly Father. Food freedom is about living nourished in body and spirit, no longer controlled by cravings, guilt, or shame."

Revell

ABOUT THE AUTHOR

Brandice Lardner is a personal trainer, nutrition coach, and owner and author of Grace Filled Plate, which she founded in 2017. She has helped hundreds of women through one-on-one and group coaching programs, teaching them how to find food freedom by meeting their physical, emotional, and spiritual needs. She's appeared on numerous podcasts, including *Do It Scared with Ruth Soukup*, and has been featured as a guest expert on MyFitnessPal, TLC Online, MapMyRun, and Women's Running. She lives in Clearwater, Florida, with her family.

PRAISE for *Fully Nourished*

"A refreshing, faith-based guide to breaking free from the dieting mindset. It beautifully weaves biblical truth with practical insights, helping you not only find freedom with food but also embrace your body with grace and gratitude. If you're ready to invite God into your health journey, let go of guilt, and see yourself through his eyes, this book is a must-read!"

Ginger Perkins

"Most of us have been there: buying another diet book because all we've accumulated have failed us. This will be the last one you'll ever need, not because it's another diet book but because it will address the root issues you've been avoiding or are scared to face. This book will teach you, step-by-step and chapter-by-chapter, that with God's help, you can embark on a journey full of hope, love, and healthy choices rather than going, yet again, on a diet roller coaster counting numbers, whether calories, macros, or pounds. May this book bless you and heal you from the inside out, whether you meet or find God for the first time or rekindle your relationship with him."

Elmaret Fourie

"Brandice has a true heart for God and for everyone she helps through their struggles with weight, self-esteem, and their walk with the Lord. Fully Nourished gives you the tools you need to look at food in a healthier way, to learn who you are in Christ, and to strengthen your relationship with God. It is not some strict diet to follow but a healthy approach to real-life struggles with tools to use for real lifestyle change—physically, emotionally, mentally, and spiritually."

Patti L.

Revell

Sample Interview Questions

Fully Nourished

- **Who did you write this book for, and what makes your approach different from the hundreds of diet books already on the market?**
- **What lead you to write about food freedom through a faith-based lens?**
- **You share openly about your own struggles with dieting and disordered eating. How did your personal journey shape the compassionate, grace-filled approach you teach in the book?**
- **You write that 'no one ever taught me how to navigate my fears and failures without food.' This is such a powerful statement that many women will relate to. Can you talk about how food became your primary coping mechanism?**
- **Many women struggle with all-or-nothing thinking around food. What advice do you have for someone who's been on the diet roller coaster for years?**
- **Why do diets fail and keep us stuck in a cycle of restriction, failure, and shame?**
- **The book includes practical habits readers can use to alter their relationship with food and health. Can you share one strategy with us that you've found to be helpful in moving toward food freedom?**
- **How does focusing on "fruitful habits" rather than perfect eating actually lead to better health outcomes? Can you share an example of how this has played out for your clients?**
- **For someone who's overwhelmed and doesn't know where to begin, what advice would you give?**
- **What would you say to the skeptical reader who thinks, "I've tried everything, and nothing works. Why should I believe this book will be any different?"**

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