

Fast and Fresh Meals and Snacks

4 things to keep in mind, take with you and use as you contemplate and implement nutritious fast and fresh meals and snacks.

1. You have a choice to eat healthy.

List 1 food you can choose to make a healthier choice in eating.

2. Your body needs fuel - only GOOD fuel will ensure you function at your peak.

Stressful times cause _____ (stress hormone) to be released, which tells our brains we need to have _____ types of food.

3. Success can only come from planning ahead.

A. Having the right tools on hand

-cutting board and knives, bowls with lids, storage containers or bags in various portion sizes, permanent markers, crock pot!

B. Meal Planning - Recipe Selection

-Simple! Choose recipes that contain whole foods* as much as possible, the number of ingredients and amount of prepping needed for the time you have to dedicate to the meal/snack

-samples on the handout and a couple of my favorite go to sites/books:

-Cookthink.com, Everyday Food -everydayfoodmag.com, Clean Eating Magazine, Kitchen Express by Mark Bittman, Simply In Season

*whole foods: food that has been processed or refined as little as possible and is free from additives or other artificial substances

C. Grocery List -

- organize your list by sections of the store and add items in the right spots to speed your shopping -OR check out www.meijermealbox.com - this is a TIMESAVER! You can even enter your own recipes!

D. Pantry Items on hand

- on going grocery list template, highlight the things you use up
- beans, noodles, vegetables, broths etc.
- spices, herbs, specialty seasonings that add flavor without extra calories/salt

4. Feeding your body with the right things will help you succeed and see success for your hard work.

- 3 hour Rule -eating every 3 hrs
- 5 smaller meals, with the majority of caloric intake being in the early -mid part of your day
- balance of lean protein, healthy fats, and complex carbohydrates in each meal
- mindful eating

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