

HEALTHHABITS

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TIPS FOR A HEALTHY YOU

- ✓ Weigh your food. Don't trust your eyes when it comes to food portion sizes.
- ✓ Keep water bottles filled and ready when you need it. Having a visual reminder will help keep you on track.
- ✓ Journal - write down what you're eating. We have selective memory and can easily dismiss that one chocolate kiss or that one extra piece of toast.

IMPROVE ENERGY WITH A BALANCED NUTRITION PLAN

WHAT YOU ARE EATING COULD BE THE REASON YOUR ENERGY LEVELS ARE LOW.

Following a nutrition plan that balances your macros and your hormones can be the solution for you. We are all individual and no one plan works for everyone.

Experimenting with different foods, more water, less coffee, and more attention to how you feel after meals will help you as you work through reaching healthy goals. What do you NEED most? Let's talk.



MEAL PLANS

Customized Meal Planning
Simplify the process of healthy eating with effortless meal plans that taste good and are good for you. Including Vegan/GF plans.



GROCERY LISTS

Fall in love with the instacart or shopping app at your store, makes life easy when you get your meal plan.



RECIPE

This is a great way to prep some heat and go meals for when you're too busy to stop and cook. Delicious egg muffins.

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Dietary fat: is it good or bad?

Both, because, not all fats are created equal.



The Skinny on Fats

Heavily processed, hydrogenated “trans” fats used in prepared, packaged foods can be extremely damaging to the body. They can compromise the cardiovascular system, immune system, and contribute to behavior problems. They can also lead to weight gain, skin breakouts, high blood pressure, and liver strain.

That said, our bodies need fat for insulation, vitamin and mineral absorption, and to protect our organs. High-quality fats can steady our metabolism, keep hormone levels even, nourish our skin, hair, and nails, and provide lubrication to keep the body functioning fluidly.

Where to Find Healthy Fats

- Avocados, olives, and coconuts are great sources of healthy fat, along with wild salmon and omega-3 rich organic eggs.
- Whole nuts and seeds, and their butters like almond butter or tahini
- Look for the highest-quality organic oils when shopping. Words to look for: organic, first-pressed, cold-pressed, extra-virgin, and unrefined. Avoid expeller-pressed, refined, and solvent extracted.

How to Use Healthy Fats:

- For cooking at high temperatures (stir frying and baking), try butter, ghee (clarified butter), or coconut oil
- When sautéing foods, try organic extra virgin olive oil.
- Oils like flaxseed, sesame, toasted sesame, walnut, and pumpkin seed are best used unheated in sauces or dressings.

GET EVEN HEALTHIER!

Want help learning how to choose and use nutritious fats and other good-for-you foods? Curious about how nutrition coaching can help you make your own healthy changes? Let's talk! Schedule an initial complimentary consultation today—or pass this offer on to someone you care about!

Free Consultation visit <https://bit.ly/FSCJhealthwellness>

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Enjoy this YUMMY Recipe

Egg Muffins

- 5 large eggs
- 1¼ cups frozen chopped kale or spinach, thawed and squeezed dry
- 2 green onions, trimmed, sliced into rounds, and chopped
- ½ cup shredded reduced-fat Cheddar cheese
- ½ teaspoon dried oregano
- 2 tablespoons shredded Parmesan cheese

1. Instructions

2. Preheat the oven to 350°F. Lightly oil or coat a 6-cup muffin pan with nonstick cooking spray and set aside.
3. Crack the eggs into a large bowl. Whisk until well combined. Stir in the kale, green onion, Cheddar cheese, and oregano until well combined.
4. Use a ⅓ measuring cup to divide the mixture evenly into the prepared muffin cups. Top evenly with the Parmesan cheese.
5. Bake until the eggs are set, about 18 minutes. Cool slightly, remove, and serve.

Each Bite: 126 calories; protein 9.7g; carbohydrates 1.7g; fat 8.6g;

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When was the last time you gave yourself 30 min to explore your own health needs?

As a nutrition coach, we will give you meal plans, guidance, education, accountability. As a fitness trainer we will help you with movement, learning proper form, & help you stay in the game.



ARE YOU READY TO TAKE CARE OF YOU?

WANT MORE DETAILS?
CLICK, VISIT, OR SCAN
TO LEARN MORE

Click here

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