

Nutrition ON THE GO

AT WORK: Get up and take a break from your desk! Fuel your body with nutrition you prepared ahead of time.

AT CHURCH: Eat before church so you don't reach for a donut. If you want to stay for "coffee", bring a bottle of water and a nutritious snack from home

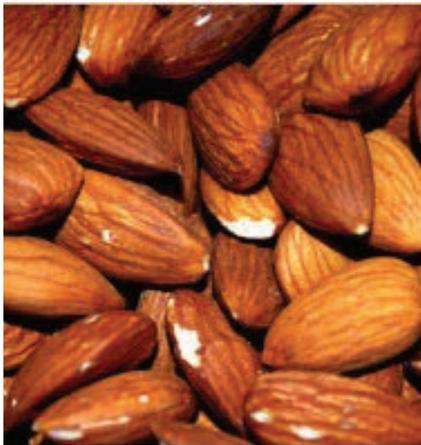
OUT AND ABOUT: Drive right through the drive thru, don't order! Back away from the concession stand and pack your nourishment. Your body will thank you!



MAKE IT or BUY IT & PACK IT

A combination of protein and fiber from whole grains, beans, nuts, vegetables and/or fruit will give you the most satisfying and nutritious combination of foods that will keep you feeling full until dinner.

Almonds



Purchase unsalted natural almonds in bulk or packaged. A 1/4 cup of almonds is a great snack portion. Get snack size baggies and fill them up with one serving of almonds. Almonds not only deliver a host of nutrients, but they will provide you with energy and keep your appetite fueled until your next meal.

Cinnamon Roasted Almonds

2 cups whole almonds
1/2 Tbsp extra-virgin olive oil
1/2 tsp cinnamon
1/4 tsp sea salt

Preheat oven to 250 degrees. Line a 17" by 11" baking sheet with parchment paper. Put almonds in large bowl, add olive oil, and stir well. Sprinkle with cinnamon and salt and toss to coat. Spread almonds evenly on baking sheet. Bake 1 hour, stirring occasionally. Store in airtight container.

Protein Bars



You can make protein bars for the week. Bake a pan of protein bars and cut them up and put them in baggies and keep them in the freezer to keep them fresh. If you do not want to make your protein bars you can purchase protein bars. A couple of good options for protein bars are Think Thin and KIND.

Homemade Protein Bars

3 cups organic raw oats	1/2 cup chopped seeds or nuts or a combination – example: sunflower, pumpkin, or sesame seeds or almonds, walnuts or pecans (<i>or use additional peanut or other nut butter</i>)
1/2 cup whole sesame seeds, sunflower seeds or hemp seeds	
1/2 cup unsweetened organic shredded coconut	1/2 cup chopped dates, raisins, figs or other dried fruit – optional (<i>if you want the bars sweeter but you don't want to add more sweetener; I don't typically add these</i>)
1 tsp ground cinnamon	Up to 1 cup vanilla or chocolate whey protein powder
1 tsp Himalayan salt or sea salt	
1/4 cup organic brown sugar	
1 cup Greek yogurt	
1/4 cup + 2 Tbsp pure maple syrup or honey	
1 cup organic peanut butter (<i>or use almond butter or the nut/seed butter of your choice</i>)	
1 tsp organic vanilla extract	
*1/4 cup organic coconut oil	
1/2 cup chopped organic dark chocolate or chocolate chips (<i>70% dark (or more) is the healthiest</i>)	

1. Preheat oven to 350°F. Grease a 9x13 inch baking dish with a little coconut oil or organic butter.
2. Combine dry ingredients (oats through brown sugar) in a large bowl.
3. In a separate bowl, combine the wet ingredients (Greek yogurt through coconut oil).
4. Mix the wet ingredients into the dry ingredients until thoroughly combined, and then mix in the chocolate.
5. Taste a little of the homemade protein bar mixture. Is it tasty? You can add more peanut butter or the optional nuts at this point if you like. Is it sweet enough? If not, you can add some additional sweetener or some of the optional dried fruit. Now is also the time to add in the protein powder if you are going to use it. Mix well using very clean hands (warning--it will be sticky!)
6. Spread the mixture into your prepared dish and bake for 15 minutes. Take the pan out of the oven, let them cool a little, and then slice the bars as you desire. Your homemade protein bars can be sliced into squares, or into the more typical bar shape you would purchase, if you prefer. Spread the bars out onto a cookie sheet and bake for 15 minutes more. Allow to cool, and then wrap and store in the refrigerator.

Rice Cakes



Rice Cake with Toppings

Spread 1 rice cake with 1 Tbsp natural creamy peanut butter. Sprinkle with 2 tsp toasted unsweetened shredded coconut and 2 tsp dried cherries or raisins and nuts.

Rice Krispies



Reliable Rice Krispie Treats

- 1 ½ cups Brown Rice Krispies cereal
- 1 ½ Tbsp honey
- 2 Tbsp butter
- ½ cup oatmeal
- ½ tsp vanilla extract
- 2 scoops vanilla protein powder

Preheat oven to 325 F. Lightly coat a 9x9 baking pan with coconut oil. Mix all the ingredients together in a large bowl, then scoop onto the baking pan. Cook for 10-15 minutes or until the mixture is crisp.

Yogurt



Yogurt Parfait

- ¾ cup plain Greek yogurt
- ½ cup fresh berries
- 1 Tbsp sliced raw almonds

Place yogurt in a bowl and top with berries and almonds.

Apples



Cinnamon Protein Apples

- 3 large Fuji apples
- 1 Tbsp cinnamon
- 1 scoop vanilla protein powder

Slice apples and place them into a sealable plastic bag. Pour cinnamon and protein powder into the bag. Shake vigorously, plate and serve.

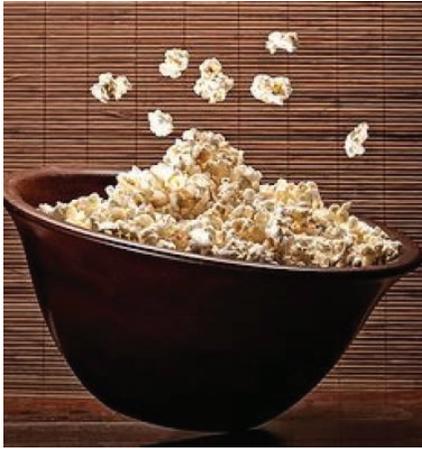
PB2 Apples

- 3 large Granny Smith apples
- 2 Tbsp of PB2 powder peanut butter

Slice apples and place them into a sealable plastic bag. Pour powdered peanut butter into the bag. Shake up.

Organic sliced apples are available at Costco.

Popcorn



Ranch Seasoned Popcorn

Organic Popcorn seeds
1/3 cup melted butter
1/4 cup grated Parmesan cheese
2 Tbsp of simply organic powder ranch dressing mix,
1 tsp dried parsley flakes
1/4 tsp onion powder.

Air pop organic popcorn seeds. Place 3 quarts of popped popcorn on an ungreased 13" x 9" baking sheet. Combine the remaining ingredients, toss to coat. Bake, uncovered at 350 degrees for 10 minutes or until lightly browned.

Eggs



Get a perfect hard-boiled egg every time with these simple tips on how to hard-boil an egg. Boiled eggs are a convenient and affordable source of protein. With hard-boiled eggs on hand, you have the components of a satisfying snack. So get cracking!

Hard Boiled Eggs

STEP 1

Place eggs in a large saucepan. Cover them with cool water by 1 inch. Slowly bring water to a boil over medium heat; when the water has reached a boil, cover and remove from heat. Let sit 12 minutes.

STEP 2

Transfer eggs to a colander; place under cool running water to stop the cooking. Eggs can be peeled and served immediately.

Nuts & Seeds



Trail Mix

1 cup whole raw almonds
1 cup cashew pieces
1 cup walnut pieces
1/2 cup golden raisins
1/2 cup raisins
1/4 cup raw sunflower seeds
1/4 cup raw pepitas (pumpkin) seeds
1/2 cup of unsweetened coconut flakes.

Mix all ingredients together and store in airtight container in refrigerator.

Veggies & Dip



Veggie Dip

- 3½ Tbsp almond milk
- 1½ tsp lemon juice
- ½ cup vegenaïse
- ½ cup plain Greek yogurt
- ½ tsp dried dill
- ½ tsp dried parsley
- ½ tsp dried chives
- 1 tsp garlic powder
- 1 tsp lemon juice
- ¼ t sea salt

Combine almond milk and lemon juice – let it stand 5 minutes or until it curdles. Mix in remaining ingredients. Refrigerate.

Hummus



Hummus & Pita Chips

- 1 can chickpeas, rinsed and drained
- ¼ cup tahini
- ¼ cup water
- 2 Tbsp extra virgin olive oil
- 2 Tbsp fresh lemon juice
- 2 cloves garlic, minced
- ¼ cup fresh parsley, packed
- ½ tsp sea salt
- ¼ tsp ground cumin

Place all ingredients in food processor or blender. Process until mixture is a smooth paste. Refrigerate for 24 hours for best results.

Snack Mix



Snack Mix

- 2 cups crisscross of corn and rice cereal (such as Crispix)
- 1 cup tiny pretzel twists
- ½ cup reduced-fat wheat crackers (such as Wheat Thins)
- ½ cup reduced-fat cheddar crackers (such as Annie's Crackers)
- 1½ Tbsp butter, melted
- 1 Tbsp ginger stir-fry sauce (such as Lawry's)
- 1 tsp chili powder
- 1 tsp ground cumin
- ¼ tsp salt
- Coconut Oil

Preheat oven to 250°. Combine the first 4 ingredients in a bowl. Combine butter, stir-fry sauce, powder, cumin, and salt; drizzle over cereal mixture, tossing to coat. Spread mixture into a jelly roll pan coated with coconut oil. Bake at 250° for 30 minutes or until crisp, stirring twice.

Pepitas (Pumpkin Seeds)



Spicy Pepitas

2 tsp extra-virgin olive oil
1 tsp chili powder
1 cup whole raw pepitas seeds

Pesto Pepitas

2 tsp extra-virgin olive oil
1 tsp simply organic pesto powder
1 cup whole raw pepitas seeds

Preheat oven to 275 degrees. Combine olive oil, seasoning and seeds in a medium bowl. Mix thoroughly and place on baking sheet. Bake for one hour, stirring occasionally.

Smoothies



Make a fruit smoothie before you go out the door and keep it in a shaker bottle. Keep it in the refrigerator for a late morning snack.

Fruit Smoothie

Almond milk
Protein Powder
Berries
Spinach
Banana

Protein Shake

Keep protein powder at work or in your car for a on the go snack.

<http://www.energeticnutrition.com/garden-of-life/raw-protein-vanilla-organic.html>

The protein will be fine if you keep the mix refrigerated however some proteins tend to go thick in milk, over time. An easier alternative is to buy a plastic shaker and some snap lock sandwich bags. Take your milk to work in the shaker and refrigerate. Add a serve of protein to the snap lock bag and take that to work as well. Then simply add the protein to the shaker when you want a shake.

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