A better you
Action Plan

Nourish

- Add chia seeds to one meal/day
- Start each day with a whole foods smoothie
- Add one more produce to every meal
- Keep a food journal for a week
- Pack lunch for a month

- Start each day with a glass of lemon water
- Create and follow a weekly meal plan
- Shop for smart snack alternatives (fruit, veggies, hummus, guacamole, nuts)

Move

- Walk for 10 minutes each morning
- Do 4 minutes of Tabata each day
- Move for 3 minutes each hour
- Do 20+ minutes of yoga every day
- Get my workout clothes ready the night before
- Begin or end each day with 10 minutes yoga/stretching
- Take an ‘exercise test’ to learn what kind of activity is best suited for me

- Get N.E.A.T.
  - Park further from every destination
  - Walking/Standing meetings
  - Walk instead of meet for coffee or happy hour
  - Active transportation
  - Move during commercials
  - Stand while on phone
  - Visit in person vs e-mail
  - Refill your water – a lot!

Rest & Refresh

- Get some sunshine every morning
- Quit caffeine 10-12 hours before bedtime
- Drink warm chamomile tea before bed
- Shut down all screens 1 hour before bed
- Meditate for 5 minutes at bedtime
- Write tomorrow’s ‘to do’ list before 5:00
- Go to bed 1 hour earlier than normal
- Turn down the heat to 65 or less
- Do 5 minutes deep breathing before bed
- Every night write down 3 things I’m grateful for
- Skip the nightcap

- Listen to relaxing music daily
- Add yoga to my week
- Subscribe to online “Joke of the Day”
- Volunteer for something I love
- Meditate for 5 minutes each day
- Volunteer for something I love
- Give at least 4 hugs a day
- Learn to deep breathe – and do it!
- Schedule a weekly fun time with family/friends
- Try a new relaxation app

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My Gift to me:
This is one area where I'm going to care for myself:

Because….

This is how I will make it happen:

I’m going to tell _________________________ about this.

Smart Snacks
- try to include a healthy balance of
  quality protein, fat and complex carbohydrates for balance
  •  
  • 1/2 cup fresh fruit (berries are great) with:  
    ○ Yogurt or cottage cheese  
    ○ Raw nuts  
    ○ 1 ounce Organic cheese  
  • Oatmeal topped with berries or dried fruit  
  • Hardboiled eggs  
  • Leftover chicken or turkey slices (great to eat cold) – wrap in greens  
  • Olives  
  • Whole grain crackers with a slice of cheese or peanut butter  
  • Top ½ sweet potato or yam with black beans, salsa and avocado  
  • Apples or celery sticks with peanut butter and raisins  
  • Peel a banana and dip it in yogurt. Roll in crushed cereal and freeze.  
  • Stuff a whole-grain pita pocket with ricotta cheese and Granny Smith apple slices. Add a dash of cinnamon.  
  • Mix together dried fruit and raw nuts/seeds (pecans, walnuts, almonds, pumpkin, sunflower) in a sandwich bag for an on-the-go snack.  
  • Toast a whole grain waffle and top with low-fat yogurt and sliced peaches.  
  • Spread peanut butter on apple or pear slices.  
  • Make a mini-sandwich with tuna or egg salad on sprouted grain bread  
  • Spread mustard on a slice of deli turkey or ham. Wrap up and enjoy. Add romaine lettuce either inside or as the turkey wrap.

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Lifestyle Apps

Nourish
- **Fooducate**  https://www.fooducate.com/
- **Whole Foods Market Recipes**  https://www.wholefoodsmarket.com/recipes
- **Yummly**  https://www.yummly.com/
- **Environmental Working Group – Dirty Dozen**  https://www.ewg.org/
- **Healthy Dining Finder**  https://www.healthydiningfinder.com/

Move
- **Pocket Yoga**  https://www.pocketyoga.com/
- **MyFitness Pal**  https://www.myfitnesspal.com/
- **Lose It**  https://www.loseit.com/
- **7 Minute Workout**  https://greatist.com/move/7-minute-workout-that-science-says-works#1
- **Tabata Pro**  https://apps.apple.com/us/app/tabata-pro-tabata-timer/id346432063

Sleep Well/Stress Less
- **Happify**  https://my.happify.com/
- **Headspace**  https://www.headspace.com
- **Simple Habit**  https://try.simplehabit.com/
- **Cal**  https://www.calm.com/

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A few recipes to get you started

Breakfast

NFP Greena Colada

We serve this at client health fairs - they love it!

A delicious meal or between meal snack that fills you up and keeps you energized

1 cup coconut or macadamia nut milk
1 handful spinach or kale
1/2 banana – sliced and frozen
1 or more tablespoons chia gel*
1 tablespoon coconut oil* or 1/4 avocado
1 cup frozen pineapple

Place in blender in the order listed and blend until smooth.

*Ingredients are optional but highly recommended for sustained energy.

Chia gel: add 1/4 cup chia seeds to 2 cups water. Stir periodically until it becomes a gel (about 5 minutes). Keeps in fridge about a week.

Quickie Fiesta Eggs

1 - 2 eggs
1/3 cup chopped spinach (optional)
Sea salt and pepper
2 Tbsp salsa
2 Tbsp black beans
Shredded cheddar (optional)
Slices avocado (optional but delicious!)

1. Coat the inside of a microwave safe bowl or mug with cooking spray
2. Crack two eggs into bowl; add salt and pepper and whisk until combined. Add spinach (optional).
3. Add a dash of milk or water to loosen if desired.
4. Microwave uncovered for about 45 seconds. Remove and stir. Microwave for another 30-45 seconds until eggs are set.
5. Spoon salsa and beans over eggs and top with optional cheese and/or avocado.

Yogurt Berry Parfait

A balanced breakfast that energizes for hours! Make ahead to grab-n-go.

1 cup berries and/or fruit (blueberries, strawberries, raspberries, peaches, etc.)
1 (6 ounce) container plain yogurt (we love the full-fat yogurts)
1 tablespoon real maple syrup
1-2 tablespoons nuts, chopped
Coconut flakes, toasted

1. Mix the maple syrup with the yogurt to sweeten it.
2. Layer 1/2 of the berries with 1/2 of the nuts and 1/2 of the yogurt
3. Reapete layers until the ingredients are used up.
4. Top with toasted coconut if desired and eat immediately.
A few recipes to get you started

**Lunch/Dinner**

**Mason Jar Salads**

Start with a clean mason jar
- Pour 2 tablespoons of dressing in the bottom of jar
- Add hard chopped veggies like carrots, peppers, beets
- Add beans or grains (black beans, chickpeas, cooked barley or rice, etc.)
- Top with softer veggies, fruits (avocados, tomatoes, strawberries, etc.)
- Add nuts, seeds, lighter grains (almonds, sunflower seeds, quinoa)
- Top with salad greens, torn or chopped into bite-sized pieces

Pack everything into your jar, close jar and refrigerate. When ready to eat, unscrew the lid and shake the salad into a large bowl. The action of shaking is usually enough to mix the salad with the dressing. Toss gently and enjoy!

**Very Veggie Soup**

Make a HUGE batch of this and eat it for days! So simple!

2 Tbsp. coconut oil
1 Medium onion, diced
4 stalks celery chopped, including leaves
4 Large carrots, chopped
12 cups vegetable or chicken stock
28 Ounce can diced tomatoes
1 10 ounce package frozen spinach or fresh kale
1/2-1 Pound frozen shelled edamame (organic, non-GMO)
1 tsp dried basil
1 tsp dried oregano
½ tsp cumin
salt and pepper to taste
1 Package Harvest Grains Blend from Trader Joes*

Dice onion, carrots and celery and sauté in coconut oil in a large stock pot until softened. Add all remaining ingredients except harvest grains and simmer for 40 minutes. Add harvest grains towards the end and simmer for at least 20 more minutes.

**Loaded Sweet Potato**

This nutrient and fiber-packed meal is great for when you're short on time.

1 sweet potato
2 tsp coconut oil or organic butter
Canned black or pinto beans – appx 1/3 cup
Salsa or cut up tomatoes
Cilantro garnish (optional)
Avocado (optional – but delicious!)
Sea salt and black pepper to taste

Wash sweet potato and poke a few holes in it with a fork. Microwave on high until done to your liking ~4-6 minutes. While cooking, rinse canned beans. Slice open cooked potato, top with coconut oil or butter, beans, salsa and optional cilantro and avocado slice(s). Season to taste.
**Veggies and Dip**

At the beginning of the week, prepare a big container of sliced veggies by washing, peeling and cutting into bite sized pieces or sticks. Use for snacks or place on the counter while preparing dinner. Some veggie options:

- carrots
- cauliflower
- pea pods
- red, green or yellow peppers
- tomatoes
- celery sticks

Keep a couple of dips, like prepared hummus or guacamole, on hand.

Super simple ‘guac’ dip: Open avocado, remove pit and scoop out flesh. Mash lightly with a bit of sea salt and ½ lime juice. (no knife? Just roll your avocado and SQUEEZE it out of its skin for instantly mashed guac!)

**Apples and PB**

It doesn’t get much easier than this!

One apple, cut into wedges
1-2 tablespoons nut butter (almond, peanut, cashew, etc.)
cinnamon (optional)

Use the nut butter as a dip, or spread apple slices with nut butter. Sprinkle with cinnamon if desired for an extra-indulgent (and blood-sugar balancing) treat!

**Lemon Coconut Bites**

1 cup cashews
1 cup Medjool dates, pitted
⅔ cup unsweetened shredded coconut (divided – save some for coating)
⅛ cup chia seeds
Zest from 1 lemon
1 ½ tablespoons lemon juice

1. Add the cashews to a food processor and pulse a few times until chopped.
2. Add the dates, 1/2 cup of shredded coconut, chia seeds and process until well combined.
3. Add the lemon zest + juice and mix until all the ingredients come together to form a dough.
4. With slightly damp hands, roll half tablespoon of the mixture into balls, then roll each ball in the remaining shredded coconut.
5. Store the energy bites in an airtight container in the refrigerator for up to 1 week, or in the freezer for up to 3 months.

Notes: If dates are dry, soak them in warm water for 30 minutes to soften; then drain.