



Nutrition Made Simple

Part IV

Applying nutrition knowledge to your busy life



What We've Learned So Far

- Building a balanced plate
- Caloric intake
- Caloric phases
- Food Quality
- Macronutrients vs. micronutrients
- Making healthier food choices
- Reading nutrition labels
- Staying properly hydrated

Why Application Matters

- Knowledge is power—but action creates results
- Busy lifestyles can challenge healthy habits
- Small changes lead to lasting success
- This is about progress, not perfection





Meal Planning Basics

What is Meal Planning?

- Mapping out your meals for the week

Why Plan?

- Saves time and money
- Reduces stress
- Encourages healthy choices

Tips:

- Start with dinners
- Use a template or app
- Shop with a list

Meal Prepping Made Simple

What is Meal Prepping?

- Preparing meals or ingredients in advance

Ways to Prep:

- Batch cook proteins, grains, veggies, or meals
- Pre-portion snacks and meals
- Cross utilizing ingredients





Batch Cooking

- Freezer Friendly: (Stores for 6 months in the freezer)
 - Cooked proteins (Chicken breast, ground meat, pre-portioned burgers, meatballs, etc.)
 - Cooked beans
 - Cooked whole grains (Rice, quinoa, farro, barley)
 - Soups and stews
 - Vinaigrettes
 - Muffins
 - Pancakes
 - Sauces (Pesto, marinara, hummus)
 - Pizzas
 - Crab cakes
 - Cooked pasta
 - Egg breakfast muffins
 - Lasagna

Batch Cooking

- Best Stored in the Fridge:

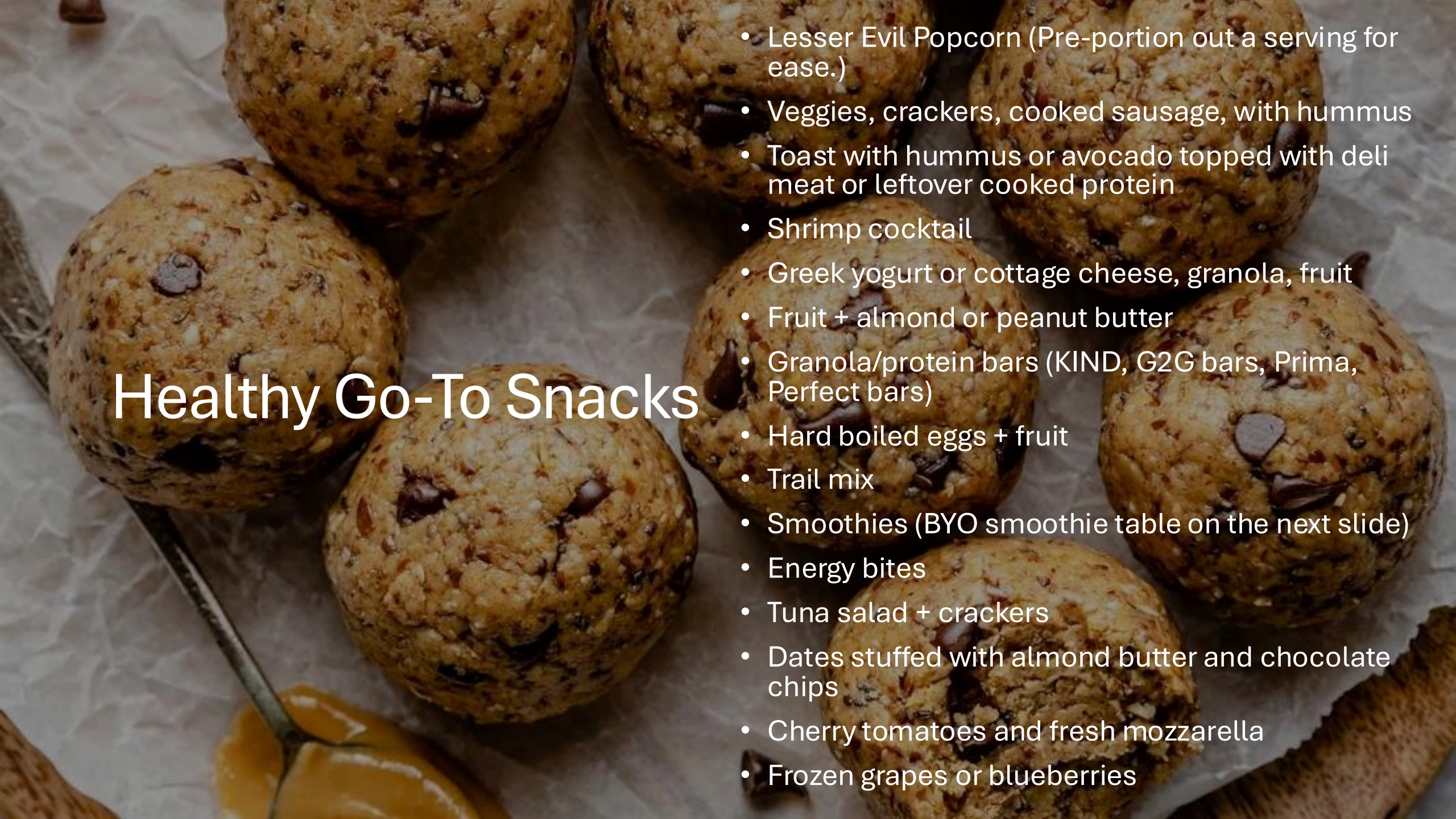
Stores for 5-7 days in the fridge for most cooked items. *Except seafood

- Hard boiled eggs
- Breakfast sandwiches
- Overnight oats
- Cooked proteins
- Vegetables (Fresh or roasted)
- Fresh fruit
- Grains (rice, oats, etc..)



Cross Utilizing Ingredients

Cooked Chicken	Roasted Vegetables	Ground beef	Cooked fish	Cooked rice or quinoa
Chicken Caesar wrap	Vinaigrette	Quesadillas, tacos, burritos	Fish cakes	Stir fry
BYO pizza	Grain bowls	Nachos, enchiladas	Top on a salad Cobb, Caesar, etc.	Burrito bowls
Panini	Pasta dishes	Lasagna, stuffed shells	Pasta dishes	Fried rice
Chicken salad sandwich	Wraps	Burger bowl, taco bowl, grain bowl	Sushi bowl	Stuffed peppers
Pasta dishes	Egg scramble, quiche, frittata	Shepard's pie	Wraps or lettuce cups	Casseroles
Soups and stews	Breakfast toast toppings, pizza toppings	Stuffed peppers	Open faced sandwiches	



Healthy Go-To Snacks

- Lesser Evil Popcorn (Pre-portion out a serving for ease.)
- Veggies, crackers, cooked sausage, with hummus
- Toast with hummus or avocado topped with deli meat or leftover cooked protein
- Shrimp cocktail
- Greek yogurt or cottage cheese, granola, fruit
- Fruit + almond or peanut butter
- Granola/protein bars (KIND, G2G bars, Prima, Perfect bars)
- Hard boiled eggs + fruit
- Trail mix
- Smoothies (BYO smoothie table on the next slide)
- Energy bites
- Tuna salad + crackers
- Dates stuffed with almond butter and chocolate chips
- Cherry tomatoes and fresh mozzarella
- Frozen grapes or blueberries

Build Your Own Smoothie

Vegetables: 1/2-1 cup Fresh/Frozen	Fruit: ~1/2-1 cup Fresh/Frozen	Liquid: As needed ~1-2 cups	Protein: 1-2 scoops	Healthy Fats: 1-2 tablespoons	Extras: As desired
Spinach	Pineapple	Almond milk	Protein powder	Almond butter	Cinnamon
Riced cauliflower	Cherries	Water	Collagen powder	Peanut butter	Cocoa powder
Kale	Apples	Coconut water	Powder PB	Coconut oil	Creatine
Beet greens	Banana	Milk	Plant protein	Flax seeds	Rolled oats
Sweet potato	Any berries	Cashew milk		Pumpkin seeds	Goji berries
Arugula	Peaches	Bone broth		Avocado	Salt
Beets	Mango	Coffee		Walnuts	

A photograph of a person sitting in a meditative pose, with their hands held in a mudra (a specific hand gesture used in yoga and meditation). The person is wearing a white shirt and is sitting on a light-colored surface. The background is blurred, showing a warm, golden light, possibly from a window or a lamp. The image is partially obscured by a white curved shape at the bottom, which contains the text.

Change Your Habits Change Your Life

- Challenging, yet attainable:
 - Choose a goal that you will achieve, nothing will throw you farther off course than not obtaining your goals. You will find momentum and positivity in hitting your goals.
- Measurable:
 - Measurable goal: My goal is to drink 1/2 gallon of water every day.
 - Not a measurable goal: My goal is to drink more water.



Small Habits Lead to Big Results

- 7-9 hours sleep at least 5 days/week
- Workout 4 days/week
- Meal plan and prep 3 meals each week
- Morning routine, example; pray/devotional, walk, breakfast
- Cook 3 meals/week
- Eat out only 1 time per week
- Stretch/mobilize for 15 minutes, 4 days/week
- 3 servings of vegetables every day
- Limit alcohol to only 2/week
- No screens while eating (no TV, no phone)
- Walk at least 20 min everyday
- Drink 1 gallon of water
- Get to bed by (insert time)
- Wake up every day at (insert time)
- No alcohol
- Eliminate (insert food or unhealthy habit)
- Only 30 minutes on social media/day
- Eat breakfast everyday

Wellness Habit Tracker (PDF available)

- **Habit 1:** _____
- **Habit 2:** _____
- **Habit 3:** _____

Day 1: Water: ____ Habit 1: Habit 2: Habit 3:	☐ Day 2: Water: ____ Habit 1: Habit 2: Habit 3:	Day 3: Water: ____ Habit 1: Habit 2: Habit 3:	Day 4: Water: ____ Habit 1: Habit 2: Habit 3:	Day 5: Water: ____ Habit 1: Habit 2: Habit 3:	Day 6: Water: ____ Habit 1: Habit 2: Habit 3:	Day 7: Water: ____ Habit 1: Habit 2: Habit 3:
Day 8: Water: ____ Habit 1: Habit 2: Habit 3:	Day 9: Water: ____ Habit 1: Habit 2: Habit 3:	Day 10: Water: ____ Habit 1: Habit 2: Habit 3:	Day 11: Water: ____ Habit 1: Habit 2: Habit 3:	Day 12: Water: ____ Habit 1: Habit 2: Habit 3:	Day 13: Water: ____ Habit 1: Habit 2: Habit 3:	Day 14: Water: ____ Habit 1: Habit 2: Habit 3:
Day 15: Water: ____ Habit 1: Habit 2: Habit 3:	Day 16: Water: ____ Habit 1: Habit 2: Habit 3:	Day 17: Water: ____ Habit 1: Habit 2: Habit 3:	Day 18: Water: ____ Habit 1: Habit 2: Habit 3:	Day 19: Water: ____ Habit 1: Habit 2: Habit 3:	Day 20: Water: ____ Habit 1: Habit 2: Habit 3:	Day 21: Water: ____ Habit 1: Habit 2: Habit 3:
Day 22: Water: ____ Habit 1: Habit 2: Habit 3:	Day 23: Water: ____ Habit 1: Habit 2: Habit 3:	Day 24: Water: ____ Habit 1: Habit 2: Habit 3:	Day 25: Water: ____ Habit 1: Habit 2: Habit 3:	Day 26: Water: ____ Habit 1: Habit 2: Habit 3:	Day 27: Water: ____ Habit 1: Habit 2: Habit 3:	Day 28: Water: ____ Habit 1: Habit 2: Habit 3:

Making It Seamless

- **Be realistic:** Start small
- **Keep it simple:** Repeat favorite meals
- **Plan ahead:** Don't let hunger catch you off guard
- **Build routines:** Consistency creates change
- **Give yourself grace:** Every day won't be perfect



Putting It All Together

Breakfast:

- 3 scrambled eggs
- Cheese
- Banana

Snack:

- Greek yogurt with cinnamon + fruit + granola

Lunch:

- Ground beef taco bowl:
 - Brown rice, seasoned beef, sautéed onions/peppers, avocado, cilantro, red onion, feta cheese, salsa

Snack:

- Meat stick + baby carrots

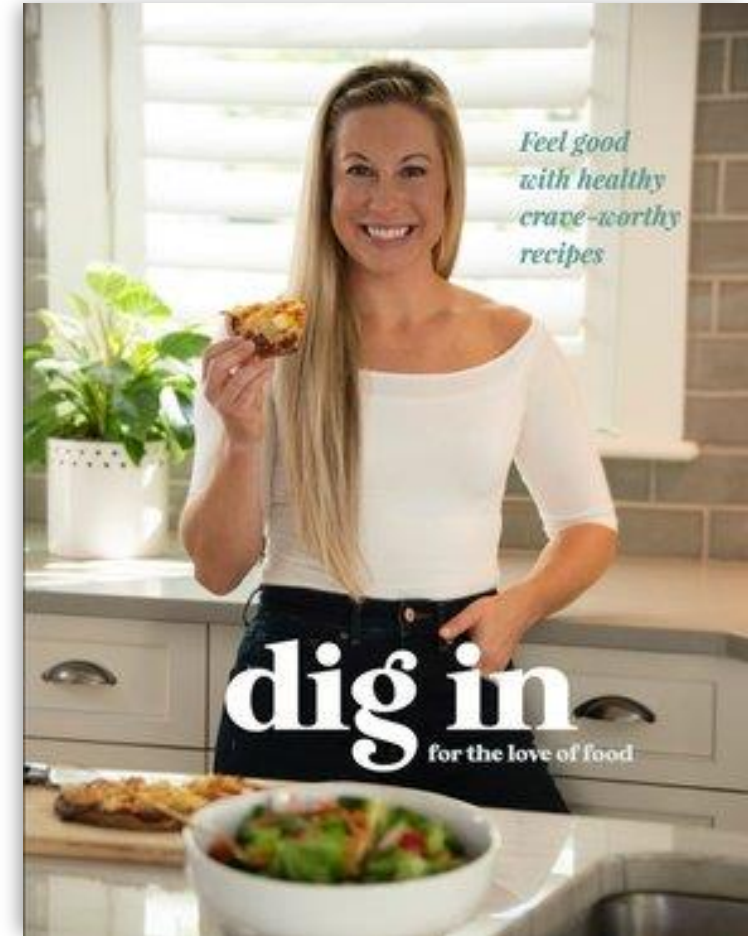
Dinner:

- Baked/grilled chicken thighs (skin-on, bone-in)
- Roasted sweet potatoes + butter + cinnamon
- Steamed broccoli



Putting it All Together Resources

- Dig in For the Love of Food Cookbook
 - www.chef-karla.com
- Blogs
 - Chef-Karla
 - Ambitious Kitchen
 - Love and Lemons
- CareTeam Plus monthly cooking demonstrations
 - CareTeam Plus Facebook Page



Final Thoughts



- You don't need to be perfect—just intentional
- Healthy living is about long-term sustainability
- Use what you've learned and keep adjusting
- You've got the tools—now use them to thrive!

Questions and Discussion

- What's your biggest barrier?
- What works well for you?
- What will you try first?

