

How to Eat While Having a Busy Schedule

Goals Of Today

- Understand the three basic components of a healthful snack and meal.
- Review your daily eats to see if there is anything to adjust to make meals/snacks more balanced.
- Know tips and techniques to eat healthy while busy
- List the reasons for healthful eating
- Pick one meal and one snack to make this week

What Do You Eat In A Day?

Take one of your common meals/snacks that you have on the daily and write down what is it:

- What is the protein source?
- What is the carb source?
- What is the fat source?

Is there anything missing? What can you add to make it complete?

How to Fit In Meal Planning?

1. Make a grocery list
 - a. List out what meals/snacks you want for the week
 - b. What do you already have? What do you need to buy?
2. Prep meals
 - a. Find a day to prep for an hour or so even if it's just making the components of the meal (cooking protein, making grains, roasting vegetables) this will lessen the work later in the week.

What Makes Up Your Food

Protein:

- Keeps structure in your body and keeps you strong (comes from animal and plant sources)



Carbs:

- Body's main energy source that fuels our activities (from whole grains/potatoes)



Fat:

- Another main energy source and provides the body an energy reserve, insulation, and protection (from avocado, olive oil)



Why are They Important ?

Energy Balance

- Stay fuller longer and have sustained energy

Keeps You Healthy

- Allows you to get all vitamins, minerals, and nutrients by adding variety to your diet

Supports Mood

- Keeps energy balanced which keeps mood stable



Snack Ideas

Like meals, it is important to have snacks that also have a balance of carbs, fat, and protein so you can have sustained energy in between meal times.

1. Cheese, Crackers, and Fruit

a. This provides, protein, carbs, and fat, and also give you fiber from the fruit

2. Apples and Nut Butter

a. This provides carbohydrates and fiber from the apple as well as protein and fat from the nut butter

3. Vegetables/Crackers +Hummus

a. The vegetables and crackers provide the carbohydrates and the hummus from the beans and tahini provide protein and fat

4. Energy/Nut Bars

a. Try to pick bars that have simple ingredients and have a balance of protein, carbs, and fat.

b. GoMacro, RxBars, and Epic bars are all great options

Resources

1. Buy our seasonal eating ebook for more information about eating with the seasons and recipes for each season!
2. Check our our blogs about hydration, recovery, our opinion on snack bars, supplements, and so much more!

Bonus Recipe

Energy Bites

- 2/3 cup peanut butter
- 1/2 cup dark chocolate chips
- 1 cup old fashioned oats
- 1/2 cup ground flax seeds
- 2 tablespoons honey
- Any other nuts, seeds, dried fruit

1. Combine all ingredients in a medium bowl. Stir to combine. Place in the refrigerator for 15-30 minutes so they are easier to roll.

2. Roll into bites and refrigerate up to a week

