



# BARE ESSENTIALS OF NUTRITION



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So overall, you're doing pretty good! Your daily diet seems to be moving in the right direction but here are a few ways to improve your overall nutrition and health.

Breakfast - Great job - Breakfast is the most important meal of the day. For maintaining weight and having optimum performance, a good breakfast is essential. Start small with fruit, a protein shake, or something portable like hard-boiled eggs, then slowly grow your appetite.

One should eat 9-11 servings of fruits and vegetables for a healthy heart and body. Think 4-3-2-1. Four servings of fruits or vegetables at breakfast. This could be an omelet filled with tomatoes, mushrooms, and spinach as well as a small glass of juice or piece of fruit. Then think 3 servings at lunch. This could be a large salad filled with carrots and peppers or a wrap filled with lean meats, lettuces, tomatoes, and a piece of fruit. Then at dinner, 2 servings would be needed. Think of a baked potato and broccoli. The last number one is the snack you eat during the day. This could be hummus and carrots, a handful of nuts or an orange. Keep in mind that the average American only consumes 2 servings of fruit or vegetable on average daily.



4-3-2-1  
servings daily

Believe it or not, protein is a key essential nutrient for optimal health. On average, 80 grams of protein a day or more can help maintain muscle mass. In a survey of senior adults, group! Consumer 100 grams of protein a day and found an increase in lean muscle mass without exercising. Plus protein helps slow down the absorption of sugars from carbohydrates lessening the incidence of insulin release and hunger cravings.

Fiber does the body good! If you're not getting in 25 grams of fiber daily, your digestive tract may get backed up- Literally! Eat more fruits and veggies which naturally have fiber and water for a flatter belly and better bowel movements. The bottom line: if you're not excreting 6-10" daily, you're not getting enough fiber or water.

Water and hydration is key to optimal performance. Although the old 8-10 glasses a day doesn't really hold water, having a clear urine stream will tell if your body is optimally hydrated.

Research shows that no more than 8 ounces of alcohol per day can have a positive impact on your health... but an excess of that doesn't. So stop at one glass of wine and don't store up the daily allowance for the weekend.



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# THE HEALTHY + QUICK RECIPES



## EASY SLOW-COOKER CHICKEN TACOS



Prep Time: 3 minutes | Cooking Time: 3-4 hours

makes 4 servings

### INGREDIENTS:

For the Chicken:

- 4, 4-oz skinless, boneless chicken breasts

- 2 cups salsa-of-choice

For the Tacos:

- Sprouted corn tortillas
- Avocado, diced
- Extra salsa
- Slaw mix or shredded cabbage
- Sliced scallions
- Anything you want!

TO MAKE:

1. Simply place the chicken and salsa in the slow-cooker and set it to high for 3-4 hours or low for 7-8 hours.
2. Prepare any of your taco toppings and craft your perfect tacos!

## PROTEIN-PACKED ITALIAN PASTA SALAD



Prep Time: 5 minutes | Cooking Time: 15 minutes | Total Time: 20 minutes

makes 4 servings

INGREDIENTS:

- 2 cups prepared gluten-free noodles
- 1 cup halved or diced cherry tomatoes
- 2 garlic cloves, minced

- 1 ½ TB extra virgin olive oil
- Sea salt + pepper, to taste
- 1 TB basil, chopped
- 4 cups baby spinach
- 3 slices of fresh mozzarella, sliced

#### TO MAKE:

1. Boil water in a pot over medium heat to cook the noodles.
2. Meanwhile, prep the tomato sauce by chopping them and then mixing them in a bowl with the oil, salt, pepper, garlic, and basil. Stir together lightly.
3. After the noodles are cooked, rinse them with cold water and drain them.
4. Stir in the spinach to wilt it naturally without cooking it.
5. Mix it in a bowl with the tomato mixture and toss in the mozzarella.
6. OPTIONAL: serve with sliced olives, balsamic cream, and/or a protein topper like rotisserie chicken or grilled shrimp.

#### HEALTHIER AIR-FRIED COD



Prep Time: 5 minutes | Cooking Time: 12-15 minutes | Total Time: 17-20 minutes

makes 3 servings

## INGREDIENTS:

- 3, 4-oz Cod filets
- Cooking oil spray
- 1 tsp garlic, minced
- 1/8 tsp black pepper
- ¼ tsp sea salt
- 1/3 cup whipped cream cheese
- 1/3 cup gluten-free breadcrumbs
- 1/3 cup gluten-free flour, I use Tapioca flour because it is light and soft

## TO MAKE:

1. Set the air fryer to 400 degrees F and line the tray or basket with foil
2. Mix together the cream cheese, salt, pepper, and garlic. Then, spread it over the cod filets.
3. Mix together the breadcrumbs and flour in a bowl, adding in some dashes salt and pepper. Coat the filets with the breadcrumbs on both sides, spray both sides liberally with oil, and place on the foil-lined tray.
4. Air fry to desired "darkness" until cooked through- roughly 12-15 minutes, turning over carefully halfway through.