

HEALTHIER
& HAPPIER
30 day challenge

NUTRITION PACKET

+ meal ideas

HEALTHIER & HAPPIER

30 day challenge

NUTRITION BASICS

1. eat within 45 minutes after waking up

- choose a protein-dense meal including a healthy carb & healthy fats
- your shake is a great option! includes protein & vitamins + minerals, balanced meal replacement

2. eat every 2 – 3 hours

- fuel with protein, healthy fats, and healthy carbs every snack/meal
- helps keep you full
- boosts your metabolism
- fuels your muscles
- check snack list

3. drink water

- drink at least half your body weight in ounces of water each day

4. pre & post-workout fuel

- **pre** fuel with a small amount of carbs and protein 30 minutes before
- **post** replenish with protein within 30 minutes after completing workout
- your shake is a great option for post-workout fuel!

HEALTHIER & HAPPIER *30 day challenge* SNACK LIST

PROTEIN

Store Bought

- Cottage Cheese
- Greek Yogurt
- Hard Boiled Eggs
- Deli Turkey
- *Chomps/The New Primal* Meat Stick
- Tuna Pouch
- Ground Turkey
- Chicken Breast

Herbalife

- Protein Coffee
- Protein Bar
- Soup
- Beverage MIX
- Protein Chips

HEALTHY CARBS

Store Bought

- Rice Cakes
- Whole Wheat Bread
- *Lara Bar*
- *Simple Mills* Crackers
- *Nut Thins* Crackers
- Sweet Potatoes
- Quinoa

Store Bought

- Fruit
- Rice
- Veggies
- Granola

HEALTHY FATS

Store Bought

- Avocados
- Nuts
- Hummus
- Almond Butter
- Peanut Butter
- Cheese

TIP

Be sure to focus on protein first, then add a healthy carb or fat! If doing both healthy carbs & healthy fats, do smaller portions of each.

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MEAL IDEAS

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Mediterranean Bowl

INGREDIENTS

- classic hummus
- 1 cup cooked quinoa
- 2 cups baby spinach
- 1/2 red onion sliced
- 1/2 pint cherry tomatoes quartered
- 1/2 cup cucumbers sliced
- 1 cup chickpeas
- cooked chicken
- 1/2 cup olives pitted
- chopped parsley for serving
- chopped parsley for serving
- extra virgin olive oil for serving

HOW TO COOK

1. chop & add ingredients to a bowl...ready to serve!
2. add ingredients together just before serving, hummus can add moisture if mixed for too long



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Chicken Pho

INGREDIENTS

- 1 qt. organic bone broth
- 2 tbsp ginger cut into thin strips
- about 2 cups roasted chicken leftover, with skin
- 2 tbsp fish sauce (gluten-free: use Red Boat fish sauce)
- 1/2 cup cilantro finely chopped
- 1 jalapeno thinly sliced
- rice noodles (or ramen noodles)
- lime

HOW TO COOK

1. in a medium pot over high heat, add broth and ginger. bring to a boil.
2. shred the roasted chicken using your fingers and add to the broth. add fish sauce, lower heat, and cover. simmer for 15 minutes.
3. bring a pot of water to a boil and turn the heat off. add rice noodles and let soak for 6-10 minutes or follow the instructions on the package. strain and set aside.
4. put your bowl of soup together by adding noodles and topping with jalapeno, cilantro, lime, and chicken



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Steak Tacos

INGREDIENTS

- steak, grass fed / organic
- diced red onion
- diced avocado
- *Siete* tortilla
- cilantro
- lime

HOW TO COOK

1. season steak and cook to your liking
2. lightly toast *Siete* tortillas over low heat on the stover
3. plate tortilla. top with steak, diced onions, diced avocado, and cilantro. squeeze lime juice to finish.



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BUNLESS BURGER

INGREDIENTS

- 4 oz burger (30g of protein)
- lettuce
- onion
- sweet potatoes, sliced into strips (1/4")
- tomato
- paprika
- olive oil
- garlic powder



HOW TO COOK

1. preheat oven to 400 degrees. toss sliced sweet potatoes in bowl with olive oil, paprika, garlic powder, salt & pepper. lay on baking sheet with parchment paper.
2. bake sweet potatoes for 35 minutes.
3. cook burger to your liking
4. plate burger and top with lettuce, onion, tomato, etc.
5. plate sweet potato fries.

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STIR FRY

INGREDIENTS

- **protein** ground beef, ground turkey, tofu or beef strips
- **saucers** soy sauce, siracha or teriyaki sauce
- frozen stir fry mix
- rice - brown or jasmine

HOW TO COOK

1. cook and combine all ingredients!



HEALTHIER & HAPPIER *30 day challenge* PASTA

INGREDIENTS

- protein pasta (i.e. *Banza* noodles)
- red sauce of choice
- **extra protein** ground beef or turkey
- **fats** cheese

HOW TO COOK

1. follow instructions on pasta box.
2. cook ground beef or turkey
3. heat red sauce in pan and add ground beef or turkey
4. mix in noodles
5. plate and top with cheese



HEALTHIER & HAPPIER *30 day challenge* RAMEN BOWL

INGREDIENTS

- rice ramen noodles
- stir fry frozen veggies
- **protein** poached eggs, tofu, or shrimp
- **sauce** teriyaki sauce or soy sauce

HOW TO COOK

1. cook and combine all ingredients!



HEALTHIER & HAPPIER *30 day challenge* PIZZA

INGREDIENTS

- **crust** pre-made crust (i.e. *Banza*, *Organics*) or tortilla (i.e. *Siete*)
- **protein** turkey bacon, pepperoni, sausage, chicken pieces
- veggies of choice

HOW TO COOK

1. top crust with veggies, cheese and protein for a balanced meal
2. toss in either the air fryer or oven



OMG!

**it's time
to start
your**



Hic!

