

## Week 2 Nutrition- Snacks on the go!

### **Ideal Plate:**

1. **2 Palm-sized portions of Protein (3-5x daily)** (chicken, fish, eggs, pork, lean beef, turkey). This will keep you feeling full longer while preserving muscles after workouts! Also, the body uses up more calories breaking down protein in the body for energy!
2. **1-2 handfuls of carbohydrates (1-2x daily)** (fruit, old fashioned oats, quinoa, sweet potatoes, green beans). Fiber-rich carbs will help keep you full and help recover from exercise! Add a few berries to your post-workout meal with plain greek yogurt for the perfect combination!
3. **2 fist-sized servings of vegetables (2-3x daily)**. Besides veggie's powerhouse of vitamins and minerals, they contain a lot of fiber and water to keep you occupied longer!
4. **1-2 thumb-sized portions of fat per day**(butter, olive oil, avocado, nuts and seeds). Fats help boost immunity and aid in the absorption of vitamins in our bodies!
5. **1/2 your body weight in Ounces of WATER DAILY**. If you are an athlete or workout regularly, consume an additional 20-40 oz. Keep track of your urine color (dark yellow- dehydrated). Add frozen berries or lemons to your drink if needed to keep taste up.

**Small Progress for best results: Make small changes one week (& one meal) at a time for longer results. Depending on your activity level, add/subtract meals as needed. Below are examples of a balanced meal. (try to include a healthy veggie, fat and protein at ea. Meal. Also, make sure men who are active are getting upwards of 1 gram/lb body weight of protein and women are getting .75 grams/lb body weight of protein daily).**

**Week 2 GOAL- Healthy Snacks (Keep protein up and add in fats)**

**Option #1:**

Step 1- Apple or Banana with 2 TBSP Almond Butter (scoop out into separate container to take for each day)

1-2 cups of water (add lemon, lime, strawberries, etc. To water if desired)

**Total Prep Time= approx. 3 minutes** (this includes chopping, cutting if you desire)

**Option #2:**

Step 1- Granola Recipe. Add 1/4 cup of sunflower seeds, 1/4 cup of chopped almonds, 1 cup Oats, 1 TBSP honey, 2 TBSP all-natural peanut butter to bowl.

Step 2- Stir all contents in bowl. Add more or honey or peanut butter depending on stickiness.

Step 3- Distribute into separate containers or bags for the week and enjoy!

**Total Prep Time= approx. 10 minutes** (whole week of snacks prepped)

**Option # 3:**

Step 1- Mixed nuts or Elevation Bars

\* Plenty of water (remember- 1/2 body weight in OZ/day!)