

# On-The-Go Nutrition for Busy Moms



**Simple & Effective Healthy Eating Tips for Your Busy Lifestyle**



## **Introduction**

Are you an on-the-go mom looking for a simple solution to your most pressing issue of needing to provide nutritious meals for yourself and your family in the face of your hectic schedule? If so, then this resource will certainly provide one for you. One common challenge I hear most often from busy moms I consult with center around meal design, menu planning, and the ever present challenge of not having enough time to pull it all together from week to week. It is without a doubt a daunting task that requires much foresight and intention if it is to succeed. This guidebook is developed to assist you as you take your next steps toward developing an eating plan for your entire family that is healthful, easy to implement and maintain, and that saves you time each week so you can spend it with the ones you love.

## **Planning**

### **Supportive Menu Design**

Take the time to plan when, where and what you will eat. Set aside a few minutes each week to think about the meals you'll need for the upcoming week. Begin by creating an outline, based on your lifestyle, showing when you will eat each day (approximate times) and how you will fit a supportive meal into every 2 –3 hours. Once you have a plan, create a variety of meal options. Keep it simple in the beginning. It should only take a few minutes to lay out 7 breakfast meals, 7 lunch meals, 7 dinner meals, and 2-3 additional snacks for each day. Then ask yourself two questions. (1) Which foods do I need from the store to make these meals? (2) What foods do I already have in the house? Make your shopping list from your answers to these questions.

## **Pack your Lunch**

One thing that totally kills a sound nutrition plan is going to work. Work, however, is not the culprit. The culprit is Lunch Hour. If you do not pre-pack your meal, lunch comes along and you will end up going to the nearest fast food joint and exposing yourself to temptation. Therefore, the best way to stay on your nutrition plan (and also avoid losing meals) is to pre-pack

everything in such a way that when a meal time comes, it is relatively easy to have access to the food.

## **Cook in Bulk**

After a long, hard day at work, the last thing you probably feel like doing is going home to slave over a hot stove to cook a meal. Whether you cook for yourself or prepare meals for your family, you know how much time it takes to prepare and get food ready each and every day. And you already know that eating at restaurants may be convenient, but they're not an ideal option if you're trying to eat supportively, as meals out can be high in calories and have poor nutrient profiles.

The best way to reduce the tedious time spent preparing meals and still stick to a healthy eating plan is to pick one day per week to plan and prepare your meals and snacks for the entire week. That way, you don't need to worry about cooking every night. All it takes is a couple of hours of planning, and cooking can be one fewer thing that you'll have to worry about in your busy day.

Keep your meal strategy simple by cooking a lot of supportive, easy to cook food (i.e. chicken breast, steamed vegetables, brown rice, etc.) one day per week. Begin with your menu plan. Be easy on yourself and plan at least three of the five meals that use the same food as a main ingredient. Measure out and divide up your daily meals into Tupperware containers for individual storage.

All it takes is a little planning and a dedicated day once a week to get your plan on track. Cooking and preparing foods shouldn't be a time-consuming hassle. By planning your week and preparing your foods ahead of time, you won't have to rely on takeout food or make unhealthy choices at the end of your busy day.

## **Be Prepared with Portable Snacks**

How many times this past week have you eaten on the run? No place is safe either – the car, your desk, maybe even the shower! Your time is strapped,

your body is tired, and you need food that's easy to grab 'n' go. It is very easy to forget eating healthy.

Make your own supportive snacks portable and easy for on-the-go eating. Prepared ahead of time, they can be tossed into a gym bag or purse.

- Celery sticks with peanut butter and raisins
- Whole wheat crackers with peanut butter
- Low-fat cheese cubes
- Hardboiled eggs
- Trail mix
- Vegetable sticks with a packet of low-fat dip
- Yogurt and granola
- Box of raisins or other dried fruit
- Apples, bananas, strawberries and a handful of nuts
- Whole-wheat crackers and low-fat string cheese
- Fruit smoothie in a thermos
- Tuna and cottage cheese in mini-containers

## **Make a Shopping List**

Grocery stores are very tempting places. They are carefully designed by experts to persuade you to buy. So unless you know what you are looking for, you can easily end up buying a ton of items you didn't plan for. Before stepping foot in the grocery store, plan out what types and amounts of foods you will eat throughout the week by making a shopping list. This will help you to comply with your nutrition plan.

Never shop for groceries on an empty stomach. Hunger increases temptation. If you are hungry when you shop for food, you will be led astray.

Shop the outside aisles. Grocery stores are designed with the four basic food groups on and around the perimeter. If you stick to the outside aisles, you'll find produce, bakery, dairy and meat -- the most natural, unprocessed foods which are best for your health. Avoid going up and down the aisles where processed "convenience" foods dwell to tempt you away from healthy foods.

## **When You Can't Eat At Home**

### **Healthy Fast Food**

As you are probably well aware, Americans are spending more than HALF of their food dollars on meals purchased outside of the home. This fact makes the art of making healthy fast food choices a necessary survival skill in order for you to stay within your calorie guidelines and five percent of your recommended percentages of protein, carbohydrate and fat. With the popularity of fast food and the number of new restaurants on the rise, there are more food choices than ever. But you still need information about food other than what is on the menu.

The term “*Fast Food*” is commonly associated with hamburgers, greasy French fries, and cola. However, popular family restaurant menu items can be ordered “*to go*” without waiting for their preparation or standing in a long line. You can even pay with a credit card over the phone if you're in a real hurry. Overall, fast food does not have to be high-calorie and high-fat food.

### **May I take your order, please?**

What you order is the key. It's very easy to eat an entire day's worth of fat, salt, and calories in just one fast food meal. But it's also possible to make wise choices and eat a fairly healthy meal.

Tips to help you choose well

- Know that an average fast-food meal can run as high as 1800 calories or more
- Know the nutritional value of the foods you order. Sometimes “good choices”, are higher in the nutrients or calories. Fat-free or Low-Fat items may have plenty of sugar or salt.
- If you're having fast-food for one meal, make all the other meals that day contain the right portion of lean protein, starchy carb and fibrous carb.

- Know your food is cooked. Chicken and fish can be good choices - but not if they are breaded and deep fried.
- Avoid jumbo, giant, deluxe, biggie-sized or super-sized. Larger portions mean more calories, fat, cholesterol, sugar and salt.

## **When Dining Out**

Tempting menus, extra-large portions and festive atmospheres make it easy to overlook supportive eating. Splurging once in a while is okay, but you'll begin to pack on pounds if you make it a habit. It is possible to enjoy yourself and still make supportive choices. Following a few simple rules when eating out can make it possible to maintain your nutrition plan.

- **Order food to go** – Studies show that people tend to consume more food when they are not eating at their own kitchen tables. Take home and have the option of providing a healthier side dish such as fruit or vegetables.
- **KNOW** where you will go and what you will eat ahead of time
- **EAT before you GO**
- **Avoid buffets** – They are invitations to OVEREATING
- **CHOOSE Wisely** - use the guidelines of Supportive Menu Design
- **Avoid the BREAD Basket**
- **Don't be afraid to special order** – Ask for your vegetables and main dishes to be served without the sauces.
- **Watch portion size** – Servings can be 3-5 times more than what you need.
- **WATER** – Drink at least one full-glass of water before eating. You'll feel full sooner, you will eat less.
- **Order an appetizer** and a salad as your meal.
- **Front Load** your meal with a nutritious salad or bowl of soup to take the edge off your appetite
- **Order sauce and dressing on the side** – Control calories and enjoy the taste
- **Order first.** You're less likely to be influenced by the choices of your companions

- **Take the time to enjoy your meal.** Savor the flavors and textures of your food, and enjoy the company you're with. When you eat slowly, you give your body's internal clock the time it needs to know when you've had enough. When you're full, stop eating.
- ***Save dessert for later.*** A great trick to play is instead of ordering dessert at a restaurant, go somewhere else. By the time you get there, you will not be as hungry and will end up eating half or even skipping dessert entirely.

You can dine out on occasion while remaining true to your goals. The key is to plan ahead, choose wisely and you'll find foods that fit into your meal plan.

### **Slip-ups**

Sometimes we slip up. We overeat or pick less healthy foods because they sound good, we're stressed, or we just feel like it. Supportive eating is a lifelong goal. If one meal isn't healthy, make sure the next one is. If you overdo it one day, put 100% effort into the following day. And don't forget to work in exercise to make up for those extra calories.

**REMEMBER:** Supportive Nutrition is not all or nothing; it's about balance and moderation.

"It isn't one food, one day that will make you fat. Just remember, it all adds up."

As always, we're here for you! If you wish to reach out to us for help with any of the tips and strategies we've outlined for you in this guidebook, please feel free to do so. We're always glad to help out in any way we can. Send us an email at [2goodhealthcoach@gmail.com](mailto:2goodhealthcoach@gmail.com) or use our website to contact us. Our web address is [www.2goodhealth.biz](http://www.2goodhealth.biz). We look forward to connecting with you!