

ONEBODĒ

The Flo Healthy Meal Planner

For Optimal Daily Nutrition





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At OneBodē, we believe that the key to lasting health and wellness is inextricably tied to optimal nutrition. Our products offer the highest grade of whole food ingredients to help nutritionally support the body. But food and lifestyle choices are also a critical component of wellness. Eating right can help reduce the risk of high blood pressure, diabetes, osteoporosis, and a variety of illnesses while also encouraging ideal body weight.

In this **Healthy Meal Planner**, we have divided up both Healthy and Harmful Eating habits to help you identify better food options.

Healthy Eating Best Practice: Consume nutritious foods like vegetables, fruits, and whole grains and limit your intake of saturated fats

Remember, there are no short-cuts when it comes to nutrition. It's important to take the time to understand the correlation between *what we eat* and *how we feel and function*. If we think about food as the fuel that powers our body's engine... it's easy to understand the difference between good fuel and bad fuel. Good fuel is pure and burns cleanly while bad fuel is filled with impurities and burns roughly. Our bodies respond the same way. Healthy food powers our lives with natural energy and greater vitality.

At OneBodē, we know that the choice of better health is a personal one, and we want to partner with you on the path to optimal daily nutrition. Use this **Healthy Meal Planner** to guide you in making better food selections and smarter choices for all-round better health.

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GOOD HABITS FOR HEALTHY EATING

1) STAY HYDRATED

Water is essential to your body. It helps eliminate waste products through urination, perspiration and regular bowel movements. Water also helps to lubricate and cushion your joints, and regulate your body. Here are a few tips to make sure you meet your hydration requirements:



- Drink before you feel thirsty
- Eat foods high in water, i.e. cucumbers, watermelon and celery
- Wake up and start the day with 12 ounces of water
- Increase water intake days before and during increased physical activity

2) BEGIN EVERY DAY WITH A HEALTHY BREAKFAST

A healthy breakfast can give you the nutrients that you need to balance your blood sugar levels, provide feelings of satiety, reduce lunch-time binging, and offer mental clarity. Breakfast is also a great way to boost your fiber intake to support healthy bowel regularity and digestive function. Here are a few tips to get a powerful start to your day:

- Eat within one hour of waking
- For coffee drinkers, drink coffee after breakfast
- Add fiber with whole grains and fresh fruit
- Avoid fats from processed meats, i.e. bacon and sausages
- Switch white flour breads with 100% whole grains, i.e. steel cut oats

3) FUEL-UP EVERY 3 HOURS

Following breakfast, fuel your body every 3 hours to maintain peak energy levels throughout the day. Staying fueled also helps combat daily stress, eliminate food cravings, and flood your body with beneficial nutrients. Fueling your body continuously throughout the day also revs up your metabolism for maintenance and recovery from physical and mental stresses. Rather than skipping meals, increasing meal frequency may also have a beneficial effect on reducing body mass index. Here are some easy fuel-up tips:

- Set your watch or phone alarm as a reminder to fuel-up
- Have portable snacks on hand
- Prepare your meals in small, easy to grab and go containers
- Split a large lunch or dinner into two smaller meals
- Blend a smoothie for a quick meal

4) DIGEST YOUR FOOD

Our digestive process is impacted by the circumstances and conditions surrounding how we eat. Here are a few suggestions to support healthy digestive function to get the most from every meal and beverage you take in:

- Sit down during meal times
- Do not drink soda with your meals and snacks
- Replace a snack with a blended smoothie
- Chew food thoroughly / It's helpful to put your fork down between bites
- Supplement OneBodē Flo (enzymes & probiotics) with meals and snacks



5) EAT A COLORFUL VARIETY OF FRUITS AND VEGETABLES

Eating the same thing day-in and day-out will limit the variety of nutrients available to the body for peak performance and longevity. The nutrients that give food its color are the same nutrients that demonstrate cellular protection, vitality and recovery from daily assaults. Fruits and vegetables are also a source of needed fiber to support healthy digestive function. Select organic fruit and vegetable varieties when possible. Strive to eat colorful produce throughout your week such as:

- Yellow/ Orange- peaches, lemons, butternut squash
- Green- spinach, asparagus, broccoli
- Red- beets, strawberries, watermelon
- Purple/ Blue- eggplant, plums, blueberries
- White- mushrooms, turnips, jicama

6) EAT LEAN MEATS AND VEGETABLE PROTEINS

Proteins provide the body with amino acids, the building blocks of enzyme and hormone production, muscle development, neurotransmissions, and antioxidant protection. Proteins also help with satiety. Proteins can be found in both plant and animal sources. The key is to eat proteins from lean meats such as turkey, chicken and fish, and from vegetables such as nuts, seeds, green leafy vegetables and grains. Here are some proteins to consider:

- Eat fish a couple times a week / Select wild caught and sustainable when possible
- Replace ground beef with ground chicken or turkey
- Add chopped nuts and seeds to breakfast
- Top green, leafy salads with beans
- Avoid red meats and pork products

7) TURN TO GOOD FATS ... NOT BAD FATS

Eat fats, don't avoid them! Low to no-fat products are typically filled with added sugars and can create havoc in the body. Instead, eat fats containing essential fats, they are needed for normal cell function and impact hormone production, brain function, nervous system development, energy production, stress and weight management, and skin and digestive health. Here are a few tips to boost your intake of essential fatty acids:

- Replace olive oil in salad dressings with flax seed oil
- Top your breakfast foods and lunch salads with avocado slices
- Snack on dried fruit and raw nuts, i.e. walnuts and almonds
- Replace fried foods with baked foods
- Add a spoonful of essential fatty acids to your favorite smoothie



8) CHOOSE WHOLE GRAIN OVER WHITE FLOUR

Whole grains such as quinoa, oats, millet, amaranth and brown rice are nutrient dense and rich in vitamins and minerals. They also offer a sustainable energy source during your day. Unfortunately most grain products on the market are filled with processed enriched, white flour. Switching white flour products to 100% whole grains offers a significant increase in nutrition, fiber, satiety and a healthy balance of sugar levels for natural energy production.

Here are a few tips to make the switch:

- Replace white flour pasta with rice or quinoa pasta
- Replace sugary cereals with a serving of steel cut oats topped with fruit
- Replace white bread with 100% whole grain varieties
- Replace flour tortillas, bagels, and muffins with 100% whole-wheat versions
- Reserve cookies and baked goods as a one-time weekly reward

9) WATCH WHAT YOU DRINK

For some, drinking water can be boring and tasteless, Be careful, don't replace your opportunity to hydrate with bad choices such as sugary and calorie filled beverages. These calorie-rich beverages can easily add 100-300 calories to your day. Here are a few tips to jazz up your water:

- Add fruit slices to your water, i.e. lemon and orange
- Add refreshing cucumber slices to your water
- Add herbs like mint or basil to your water
- Place a herbal tea bag in your water bottle
- Avoid energy drinks, designer coffees, and artificial juice drinks

10) MAKE FRESH AND NATURAL CHOICES

With all of today's convenient food selection choices, it's often easier to consume all your meals in a cooked and processed state rather than a natural one. Today's cereals, food bars, burritos, protein shake, hamburger and fries are all processed. Strive to add fresh fruits and vegetables to your selections. These healthy food choices will add a variety of vitamins, minerals, enzymes and other nutrients to your body for overall health. Here are a few tips to liven your meals:



- Start every meal and snack with a fresh fruit or sliced vegetable
- Enjoy a daily smoothie with 2 servings of fruit
- Switch peanut butter with raw almond butter
- Make your own trail mix with unsulfured dried fruit and a mixture of raw nuts
- Lightly steam or stir-fry vegetables to warm them / Avoid overcooking to a "wimpy" state

POOR NUTRITION CHOICES TO AVOID



Following the healthy eating habits above will put you back on track for better nutrition, but it's also important to weed out harmful eating habits. We have listed some of the common ones below.

Avoid sugary and diet sodas.

With proper hydration and eating habits your cravings for soda will slowly diminish. Sodas contain carbonation that can disrupt the pH balance of your digestive system and introduce chemicals that can be toxic to your health, i.e. processed sugars, artificial sweeteners, food coloring and flavorings.

Eliminate white flour.

White flour is stripped of most of its nutrients and is instantly absorbed by the body elevating your blood sugar levels. Replace white flour products with whole grain varieties for a better carb source & lasting energy.

Reduce Intake of "added" sugars.

Added sugars have been shown to contribute to increased aging and unnecessary weight gain. Increasing intake of colorful, natural produce supplies your body with naturally occurring sugars that will help reduce your cravings for processed and packaged foods.

Avoid energy drinks filled with caffeine and sugar.

Energy drinks are packed with stimulants. They can cause the jitters as well as a "crash effect" to negatively impact your mood as well as your emotional and physical health. You will find that as you eat more nutrient dense foods, your body will naturally create energy without the need for the outside stimulants.

TEN FAST AND EASY NUTRITIOUS SNACKS

1. Fresh Fruit

Organic sliced apples and/ or bananas with raw almond butter, natural peanut butter or sunflower seed butter. You can also top with raisins

- Berry bowl- strawberries, raspberries, blackberries & blueberries
- Frozen grapes
- Citrus bowl of fruit- oranges & grapefruit
- *Option: mix with healthy granola cereal*



2. Fresh Vegetables with Healthy Dip

Use your favorite veggies such as sliced raw sweet potatoes, sugar snap peas, sliced bell peppers, carrots, sliced cucumbers, jicama sticks and dip away!

- Guacamole: avocados, tomatoes, onions, cilantro, lemon
- Fresh salsa
- Hummus

3. Trail Mix

Mix together raw nuts (i.e. almonds, pecans, walnuts, pine nuts, Brazil nuts) and unsulfured dried fruit (mangoes, pineapple, raisins, bananas)

Option: crush bits of dark chocolate

Note: Be careful not to eat the whole batch in one sitting!



4. Smoothie

Combine any variation of your favorite fruits. (i.e. 1/2 frozen banana, organic peaches, 1 teaspoon of cold pressed oil, water and ice)

Option: Add serving of greens- i.e. spinach

Add protein powder

Add OneBodē Fresh- fruit and veggie powder

5. Healthy Leftover Lunches & Dinners

Munch on last night's baked chicken or grilled steak. It's better than reaching for something processed.

TEN FAST AND EASY NUTRITIOUS SNACKS

6. Raw Bars/ Nut Bars

Be careful- not all bars are healthy. Be sure to read the labels of bars. "Raw" bars are found in health food stores and have only a few, select ingredients.

Option: With a food processor- Blend raw pecans, walnuts, dates, and cinnamon. Mix in dried fruit or powder.

7. Kale Chips

Kale chips can be purchased at a health food store OR can be made easily at home. Simply toss 1 bunch of kale, 1 TBSP olive oil (sprayed on), 1 tsp sea salt or other seasonings. Bake at 350 degrees on parchment paper.

Note: Eat as chips, replacement for popcorn or top on a salad.



8. Stuffed Mini 100% Whole Wheat Pita Pockets

These are delicious and easy to make. Just spread hummus or guacomole into the pocket and add:

- Layers of sliced veggies
- Cucumber, tomatoes, basil, olive oil and balsamic vinegar

Option: sliced lean meats (if lunch meat- choose nitrate and nitrite free varieties)

9. Organic Chips

You can buy organic chips at most health food stores or natural grocers.

Organic baked blue or white corn chips- can be dipped with guacomole or salsa

Organic baked apple chips- can be dipped with organic natural peanut butter



10. Whole Grain Cereal Topped w/ Fruit

Most whole grain cereals are readily available. Try a milk alternative like rice, hemp, almond or oat milk.