

MODULE 3 | LESSON 6

SMART SNACKING, MEAL PREPPING, AND EATING OUT

Katie Rodriguez, Nutritional Consultant



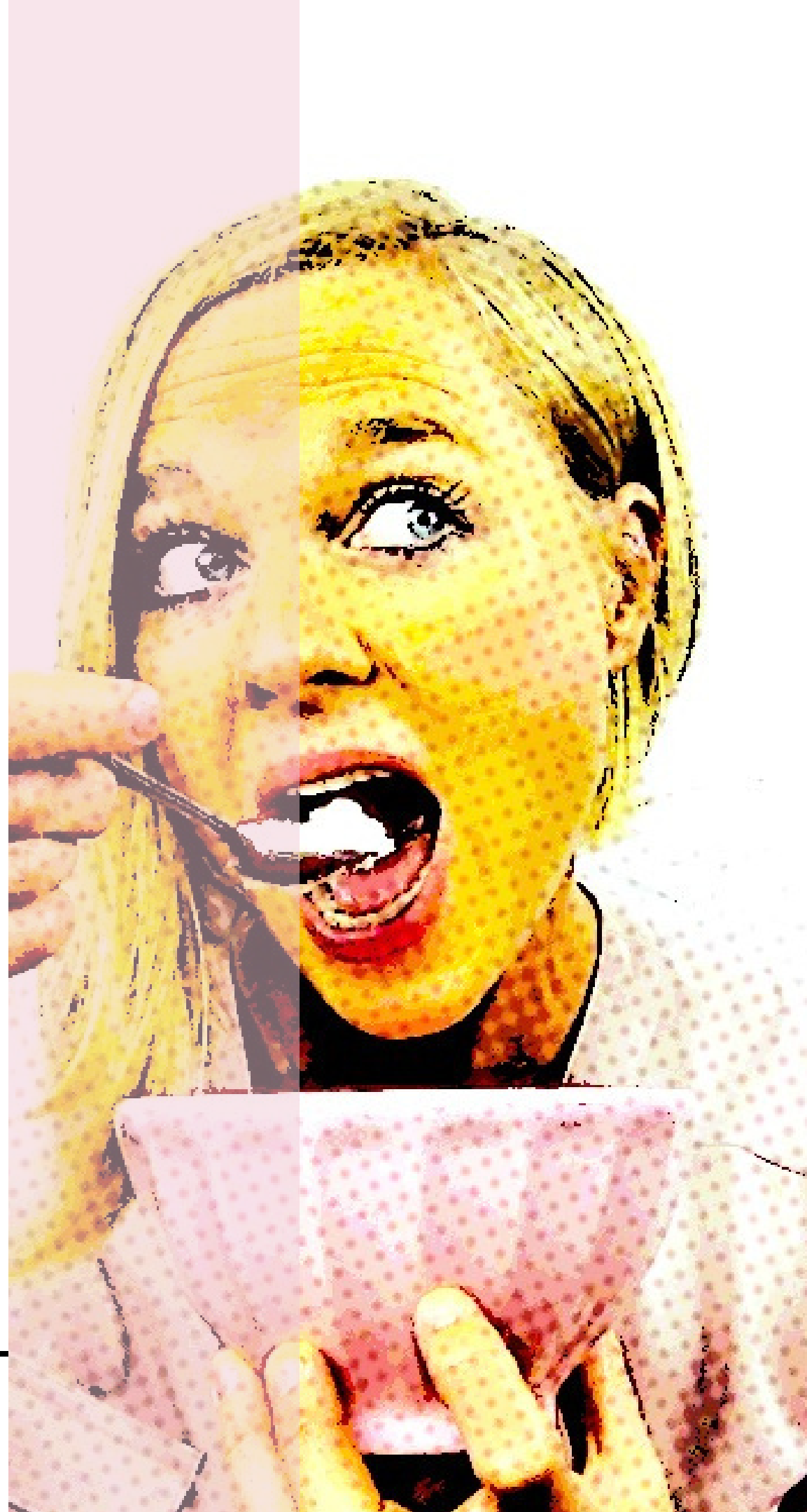
HOW DO YOU GO ABOUT
MAINTAINING HEALTH IN A
CONVENIENCE-DRIVEN SOCIETY?

3 Insurance Plans

SET YOURSELF UP FOR DIETARY SUCCESS

- Meal Prep
- Healthy Snack Stash
- Best Practices for Eating Out





INSURANCE PLAN #1

Meal Prep

WHAT IS MEAL PREPPING?

This means cooking once and eating three times, and/or becoming comfortable with some super speedy go-to meals.

3 Prep Tips

TO SET YOU UP FOR SUCCESS

1. Prep the Produce
2. Present the Produce
3. Prepare for Failure





PREP TIP #1

Prep the Produce

WHAT DOES PREPPING INVOLVE?

Washing and manicuring your produce. Basically, preparing it to be eaten.

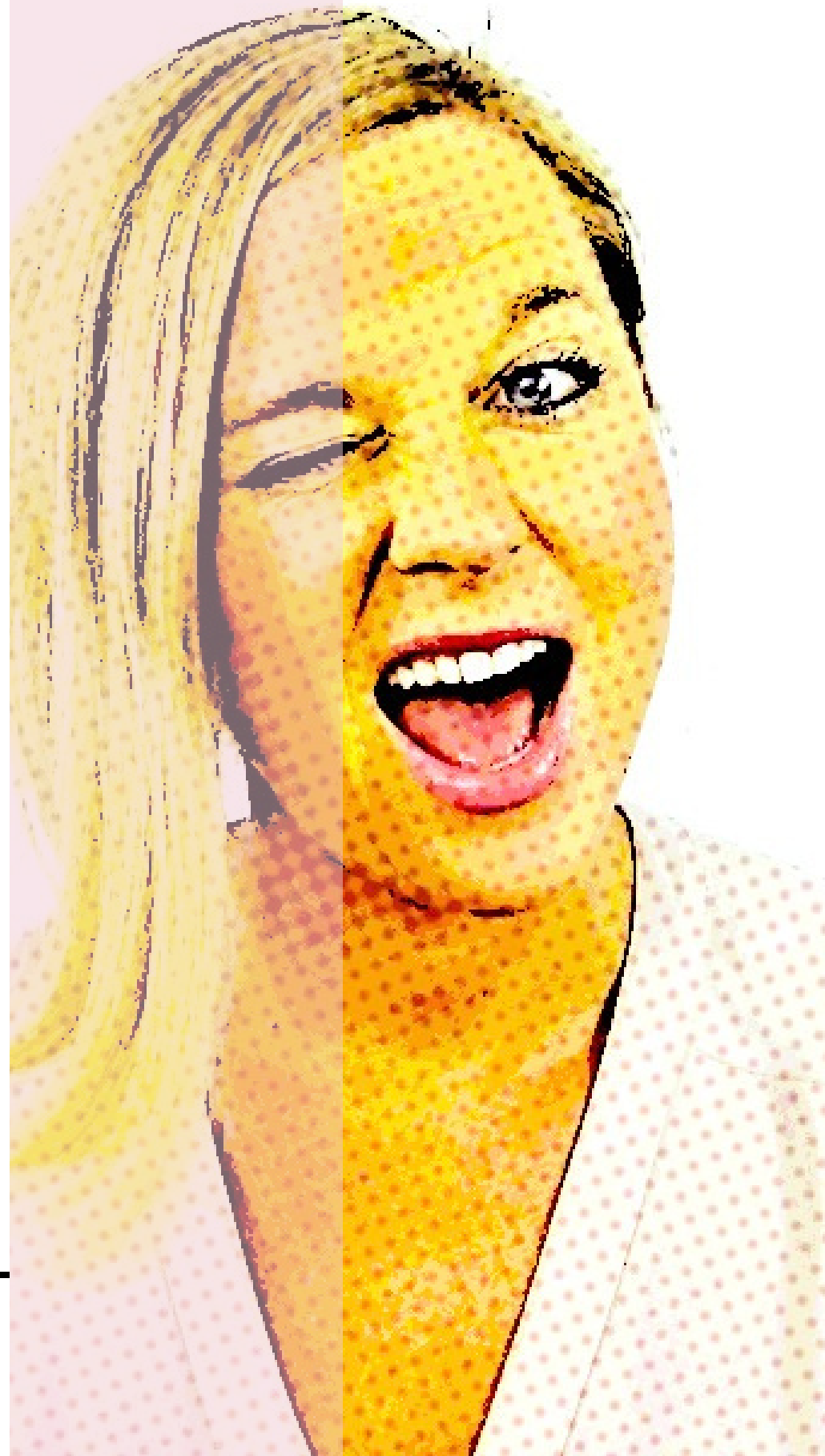


PREP TIP #2

Present the Produce

WHAT DOES PRESENTING INVOLVE?

Making sure your produce is visible and isn't wasting away in some unseen corner of your fridge.



PREP TIP #3

Prepare for Failure

WHAT DOES PREPARING FOR FAILURE LOOK LIKE?

Having healthy grab-and-go options at your disposal.

Top 10 Foods to Fail-Proof Your Fridge



1. Smoothie Prep
2. Rotisserie Chicken
3. Boiled Eggs
4. Pickled / Fermented Foods
5. Fat Bombs
6. Fresh Cut Veggies + Dips
7. Mason Meals
8. Charcuterie
9. Chia Pudding
10. Dark Chocolate



Fail-Proof Food #1

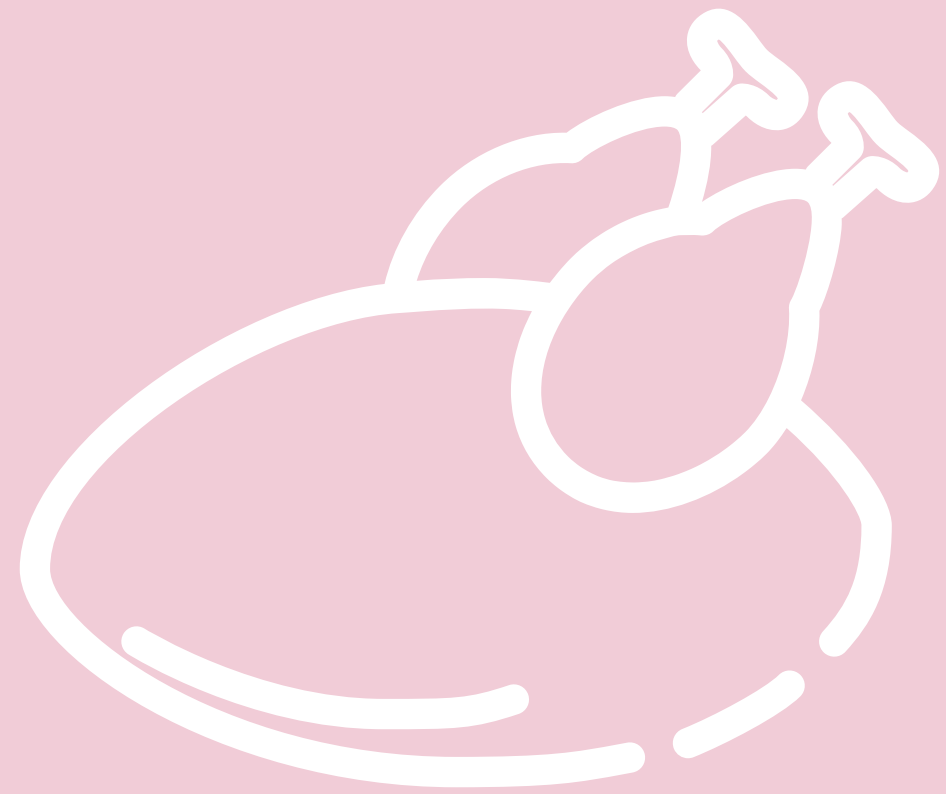
SMOOTHIE PREP

Prep your produce ahead of time, that way when it comes time to build your smoothie everything is ready to go.



Pre-Prep Your Smoothies

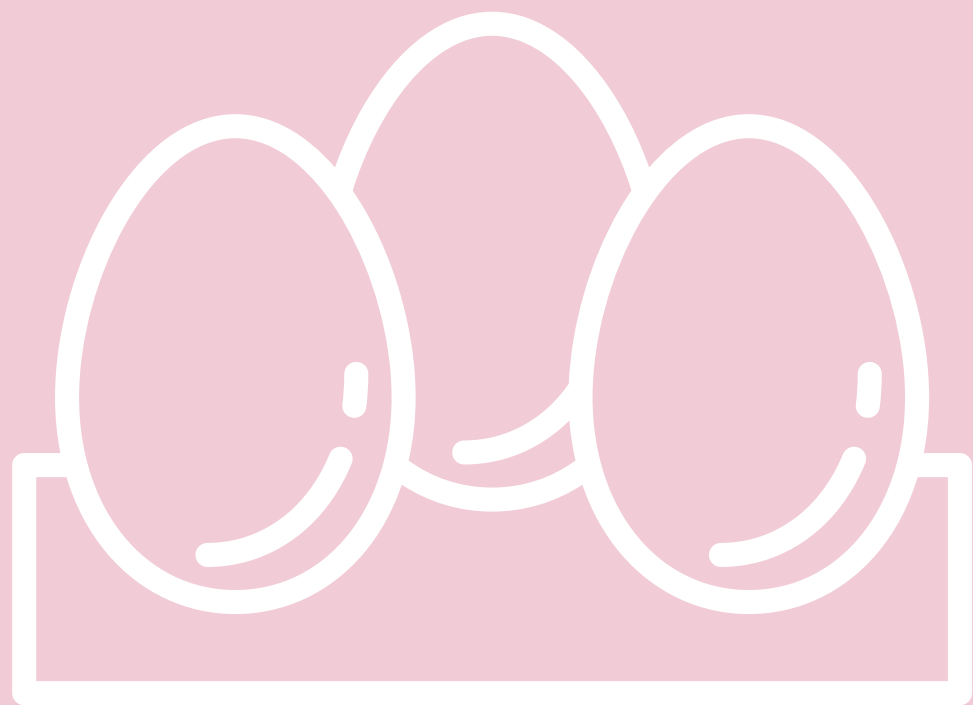
Take a zip lock baggie, throw in a handful of kale or spinach, some frozen berries, and a half avocado. Seal it up together and throw it in the freezer for easy access.



Fail-Proof Food #2

ROTISSERIE CHICKEN

Purchase an organic rotisserie chicken, piece off the meat, and store it away for quick salads or wraps.



Fail-Proof Food #3

BOILED EGGS

Boil a half or full dozen at a time. Keep them in the carton for quick grab-and-go protein.



Fail-Proof Food #4

PICKLED / FERMENTED FOODS

I like to keep pickles, olives, sauerkraut, and kombucha on hand at all times.



Fail-Proof Food #5

FAT BOMBS

Check out the recipes section of the menu tab for a collection of delicious fat bomb recipes.



Fail-Proof Food #6

FRESH CUT VEGGIES + DIP

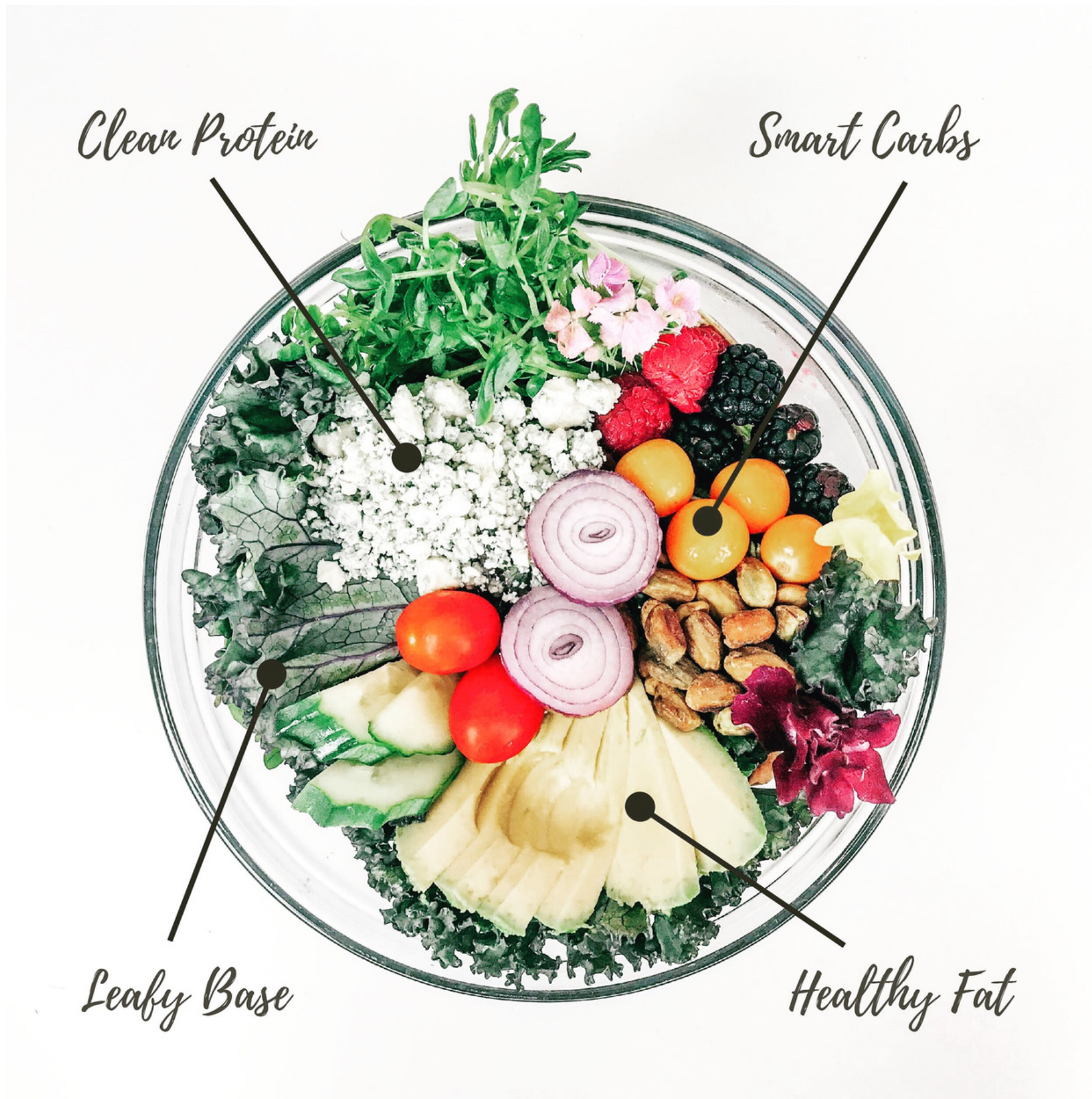
Pair them with nutritious, keto-friendly dips such as guacamole, cashew cheese or Primal Kitchen Ranch Dressing.



Fail-Proof Food #7

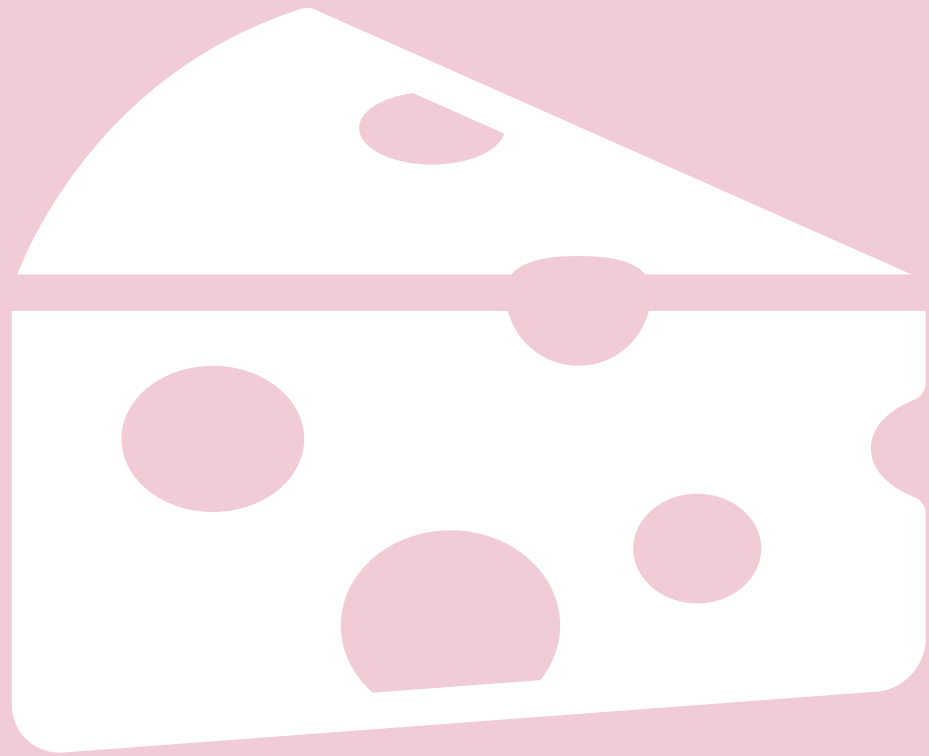
MASON MEALS

Throw your meal in a mason jar and take it on the go!



Build-a-Bowl

Make a bed of greens, add your clean protein, healthy dietary fat, smart carbs, and take your dressing on the side.



Fail-Proof Food #8

CHARCUTERIE

Throw some high-quality meats and cheeses on a plate and call it charcuterie.

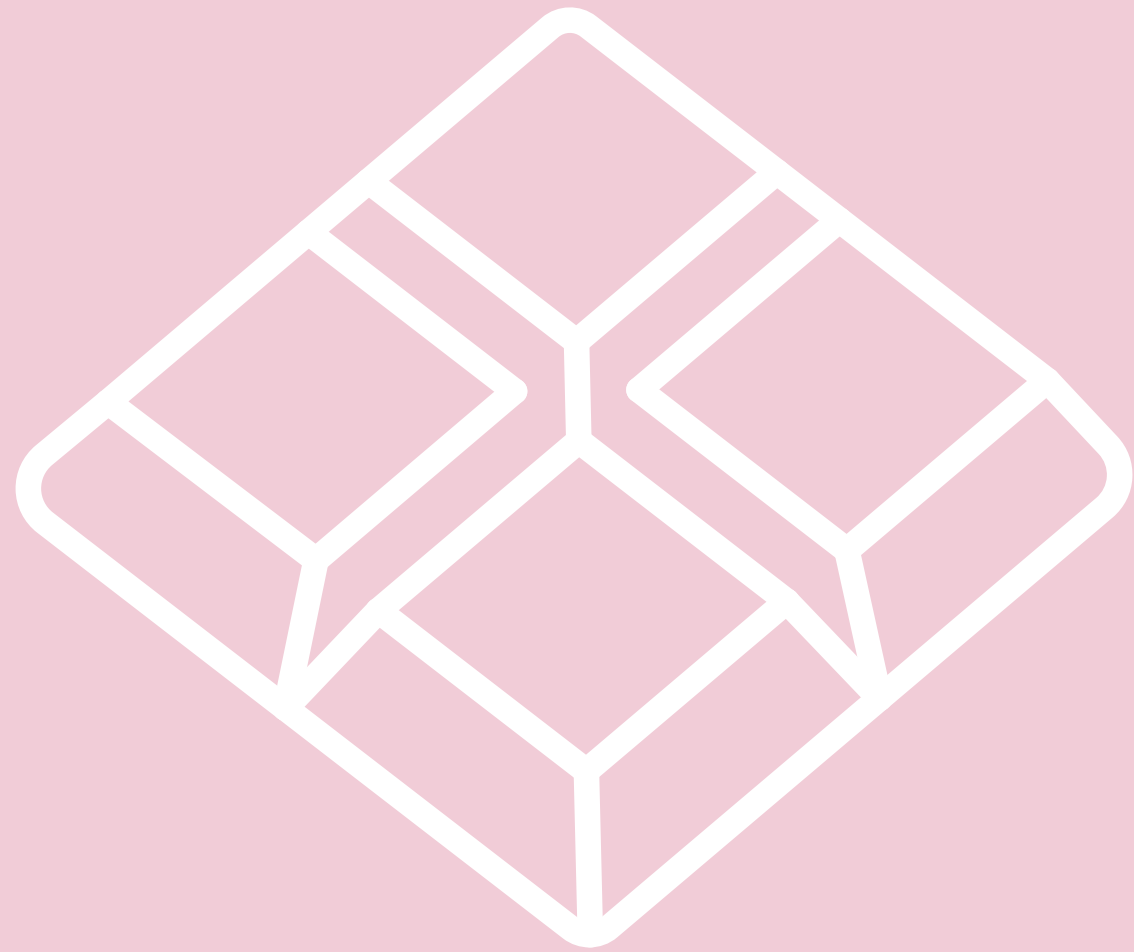


Fail-Proof Food #9

CHIA PUDDING

One of my favorite desserts— and SO easy.

Check out the recipes tab for quick and easy coconut and chocolate chia pudding recipes.



Fail-Proof Food #10

DARK CHOCOLATE

High-quality dark chocolate (86% cacao or higher) is actually healthy. I always keep dark chocolate bars in my fridge for snacking.



INSURANCE PLAN #2

Healthy Snack Stash

HAVE HEALTHY SNACKS ON HAND

The trick is not to deny yourself. Allow yourself snacks, just be prepared with your own goodies.

SuperFat Nut Butter

MACADAMIA COCONUT, MCT + COFFEE
OR CHOCOLATE COCONUT

SuperFat Nut Butter is delivered in little pouches which makes it super easy to take on the go. Even better, their products are non-GMO and made entirely of clean ingredients.

<https://www.superfat.com/>



Wilde Chicken Chips

NASHVILLE HOT, BUFFALO, CHICKEN AND WAFFLES

Low-carb faux potato chips made of chicken. These chips are free of common allergens; they do not contain potato, corn, processed proteins, gluten, grains, dairy, and nuts.

<https://wildebrands.com/>



Blue Diamond Almonds

SALT + VINEGAR, WASABI,
TOASTED COCONUT

Classic snack with a twist.

<https://bluediamond.com/>



Duke's Shorty Sausages

**HOT + SPICY, HICKORY PEACH,
GREEN CHILE**

Low-sugar, low-carb, nitrate-free, hormone-free snack sausages. No MSG, gluten, or liquid smoke.

<https://dukesmeats.ca/>



I'LL JUST HAVE ONE...

A Few Probable Suspects...

- ✓ **You're nutrient-deprived**
- ✓ **You're in a caloric deficit**
- ✓ **You're not eating enough healthy fat**
- ✓ **You aren't snacking smart**



6 Tips to Ensure Smart Snacking

- 1. Identify hunger or habit**
- 2. Identify your triggers**
- 3. Snack with consciousness**
- 4. Control your environment**
- 5. Eliminate picking at food while working**
- 6. Portion snacks**





SNACKING TIP #1

Identify if You're Snacking Out of Hunger or Habit

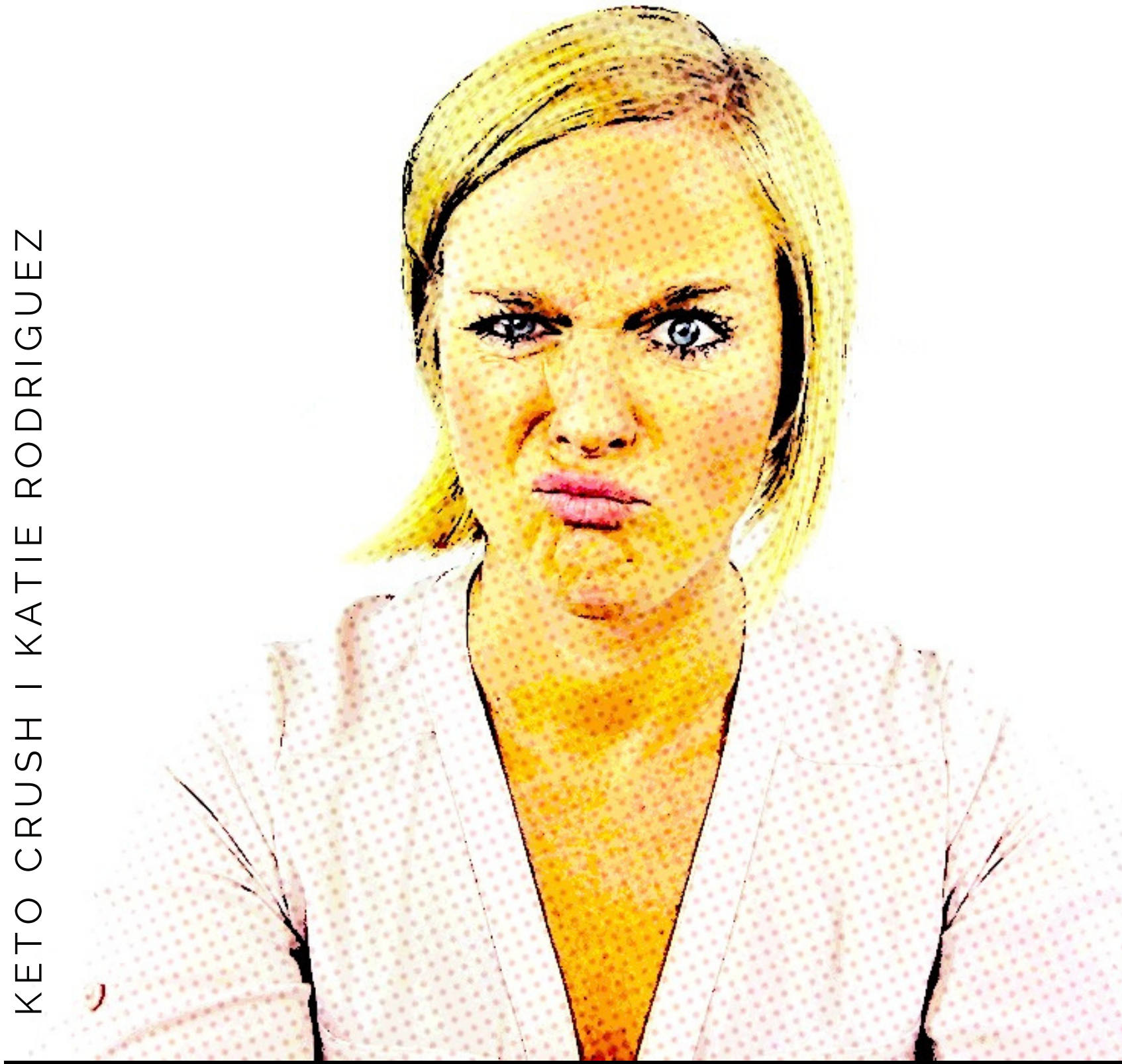
If you're truly hungry, it should be easier to reach for something healthy such as a fat bomb or a Primal Kitchen Collagen bar.



SNACKING TIP #2

Identify Your Triggers

Identify your triggers such as stress, boredom, or social situations, and seek alternative strategies to snacking.



SNACKING TIP #3

Snack With Consciousness

This means placing your snack in a bowl or on a plate when possible and eat it as you would any other meal— at the table.



SNACKING TIP #4

Control Your Environment

Don't keep unhealthy snacks around. If you have to go out of your way for your sweet treats, you're more likely to choose something else.



SNACKING TIP #5

Eliminate Picking at Food While Working

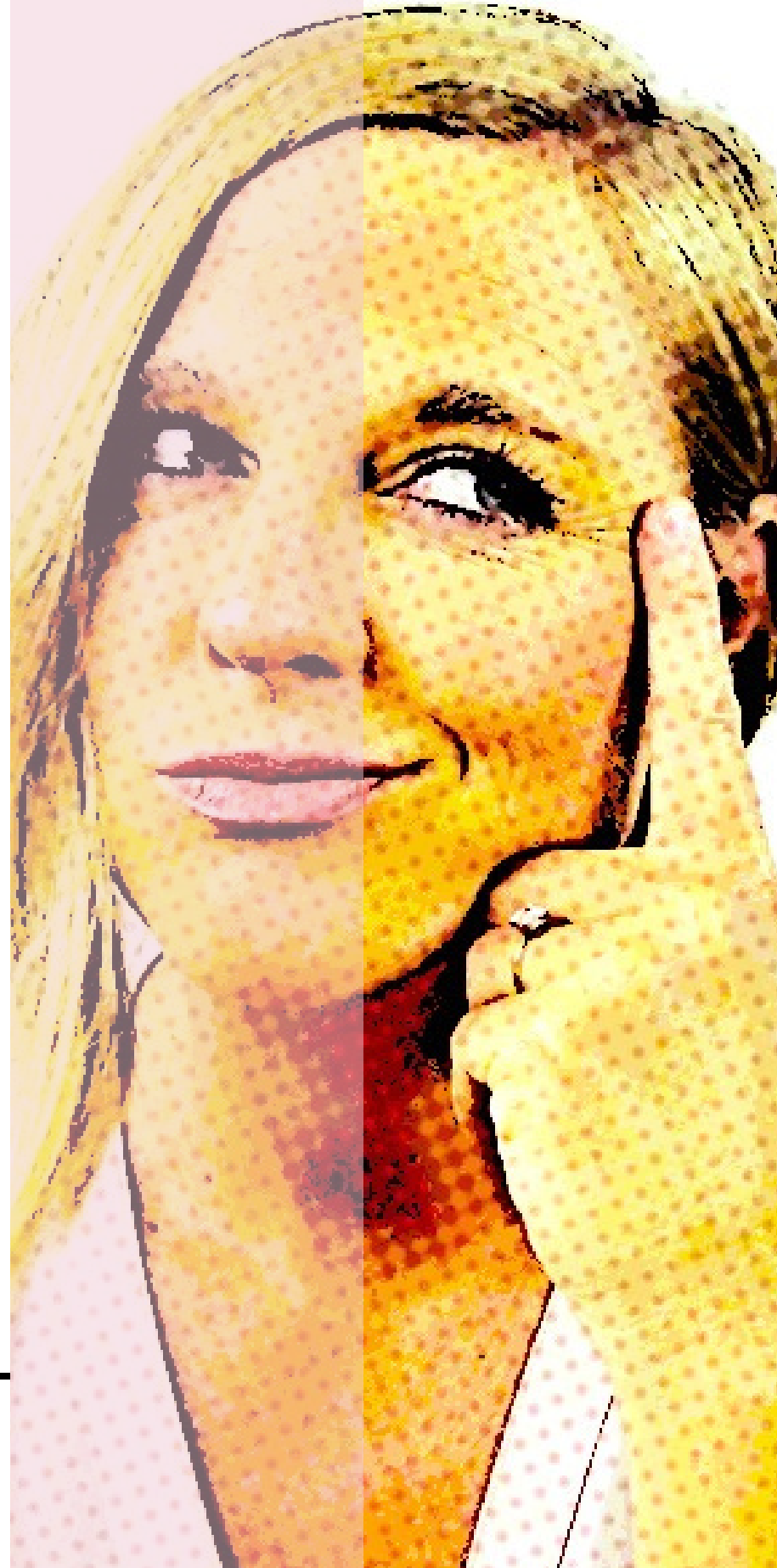
If you were to pile your entire day of 'picking' onto a plate it would easily constitute an entire meal.



SNACKING TIP #6

Portion Snacks

Don't make the mistake of bringing the entire bag of chips to the couch with you, or the entire package of jerky to the office. Portion out what you feel is reasonable for the day and leave the rest behind.



INSURANCE PLAN #3

Best Practices for Eating Out

Do your best to reserve dining out for special occasions.

5 Tips for Eating Out

1. **Do Your Research**
2. **Skip Bread and Buns**
3. **Swap Starches for Veggies**
4. **Ask for Olive Oil and Vinegar Rather than House Dressing**
5. **Pass on Dessert**

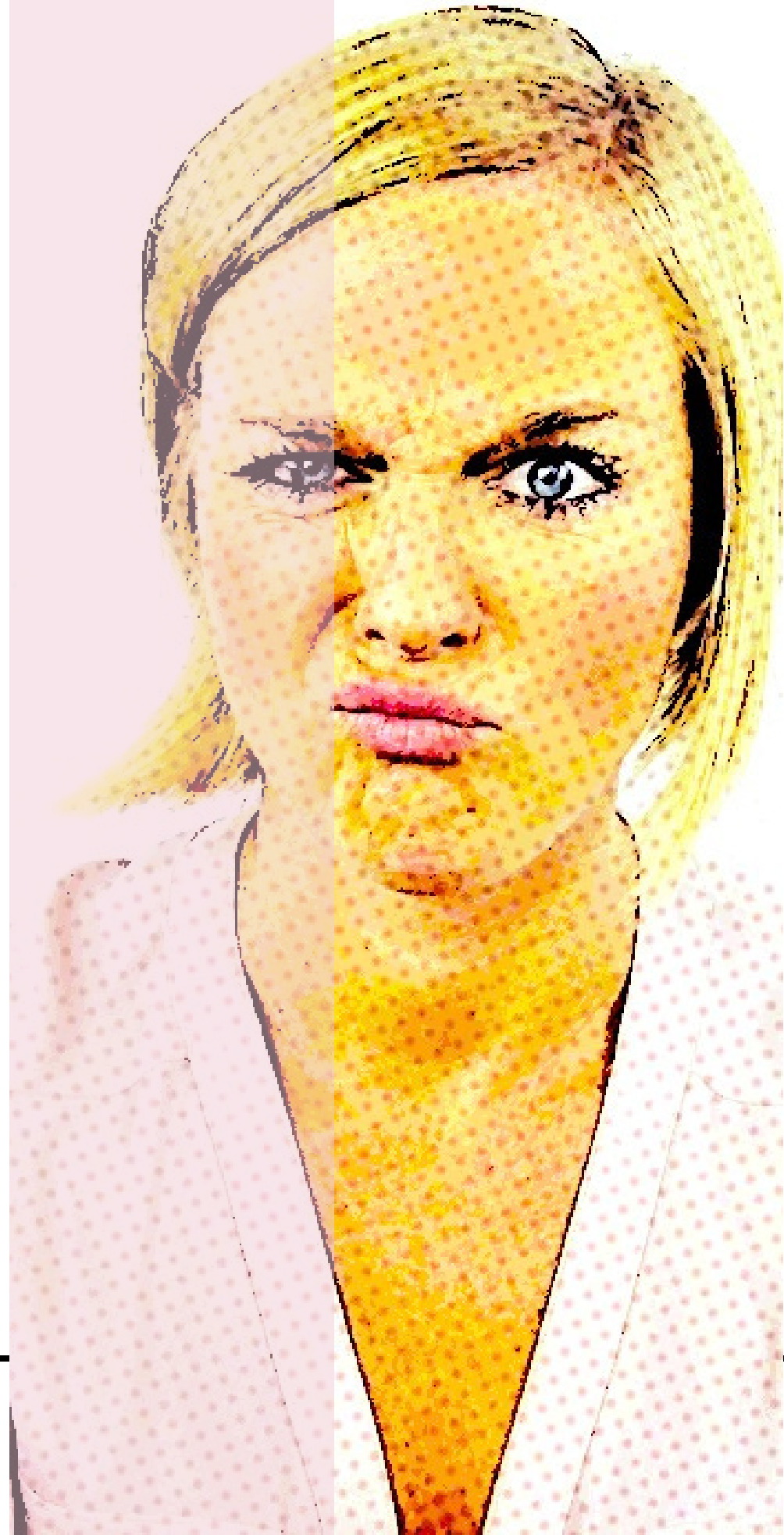




EATING OUT TIP #1

Do Your Research

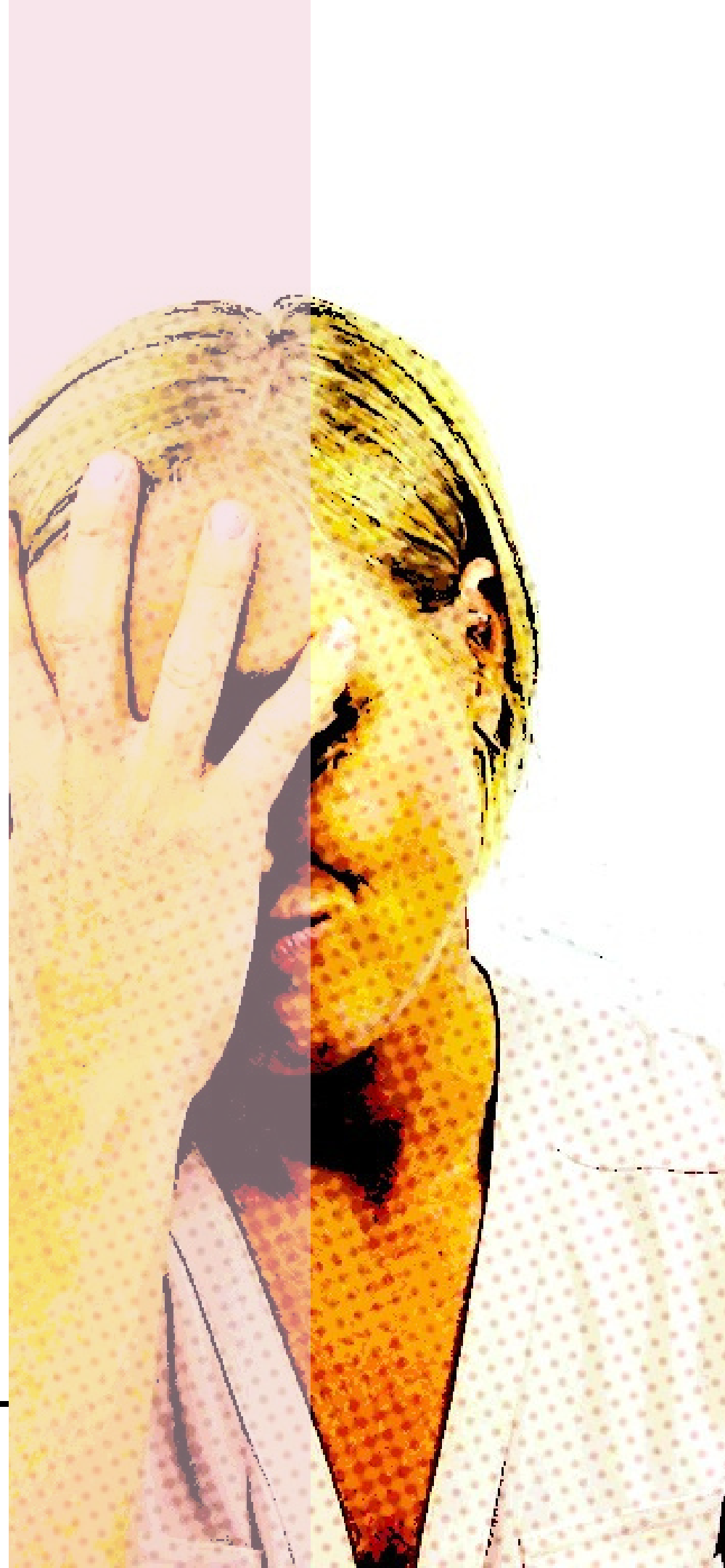
Local, farm-to-table establishments are generally best.



EATING OUT TIP #2

Skip Bread + Buns

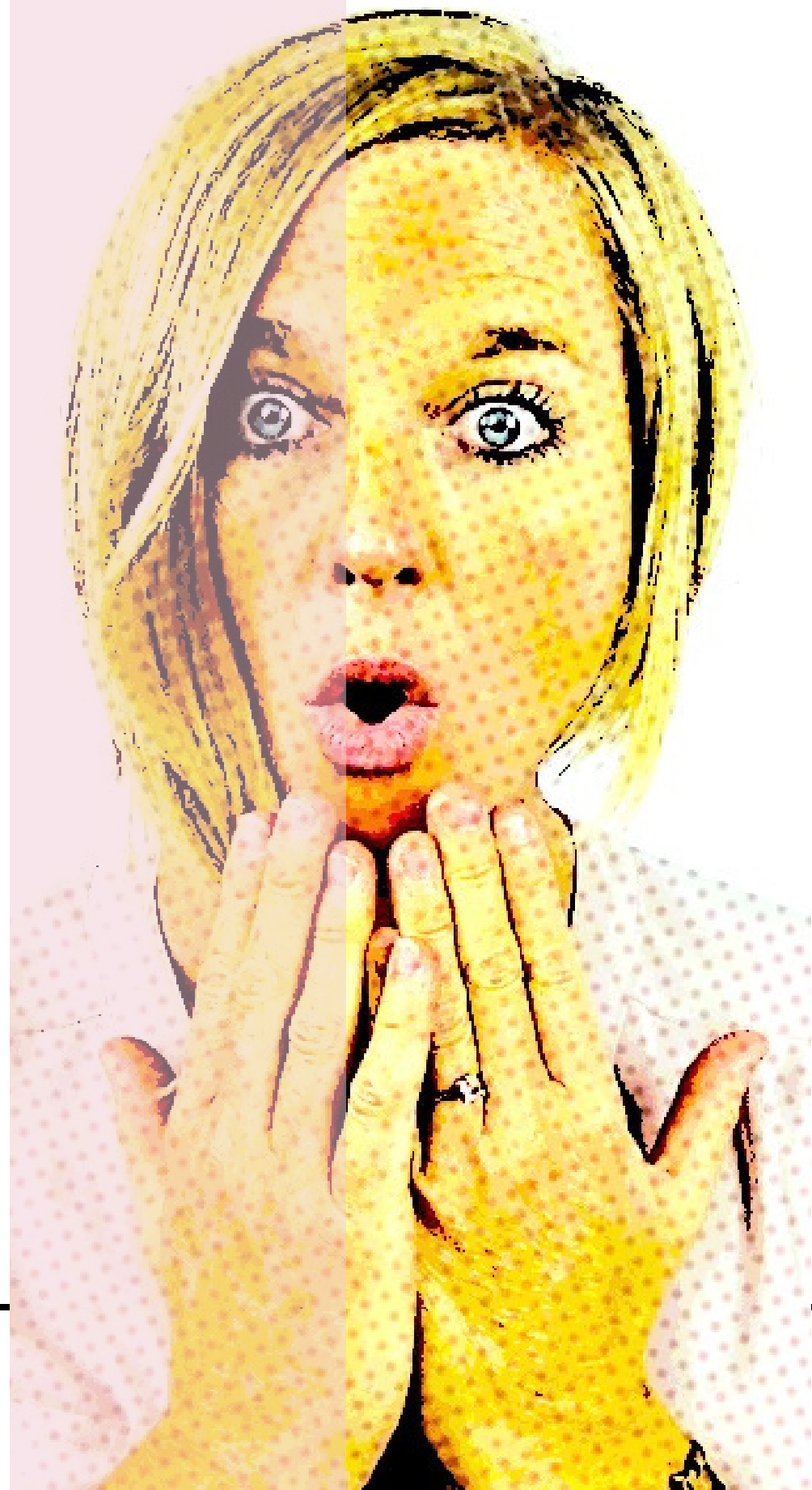
Most restaurants will accommodate a request for a bun-less, bread-less meal without argument.



EATING OUT TIP #3

Swap Starches for Veggies

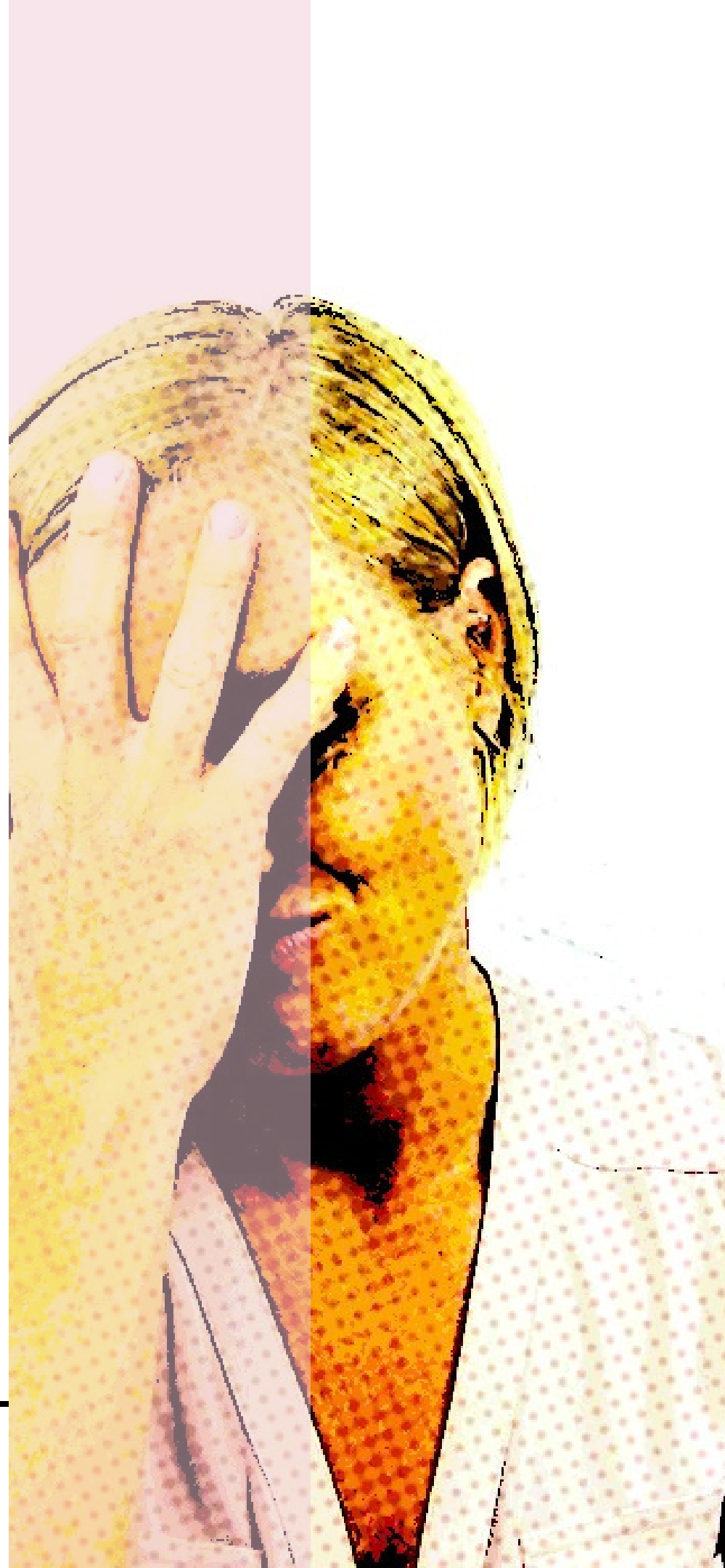
Most restaurants will allow you to swap starches with veggies. Some will make you pay extra for it, but few will deny you altogether.



EATING OUT TIP #4

Ask for Olive Oil + Vinegar Rather Than House Dressing

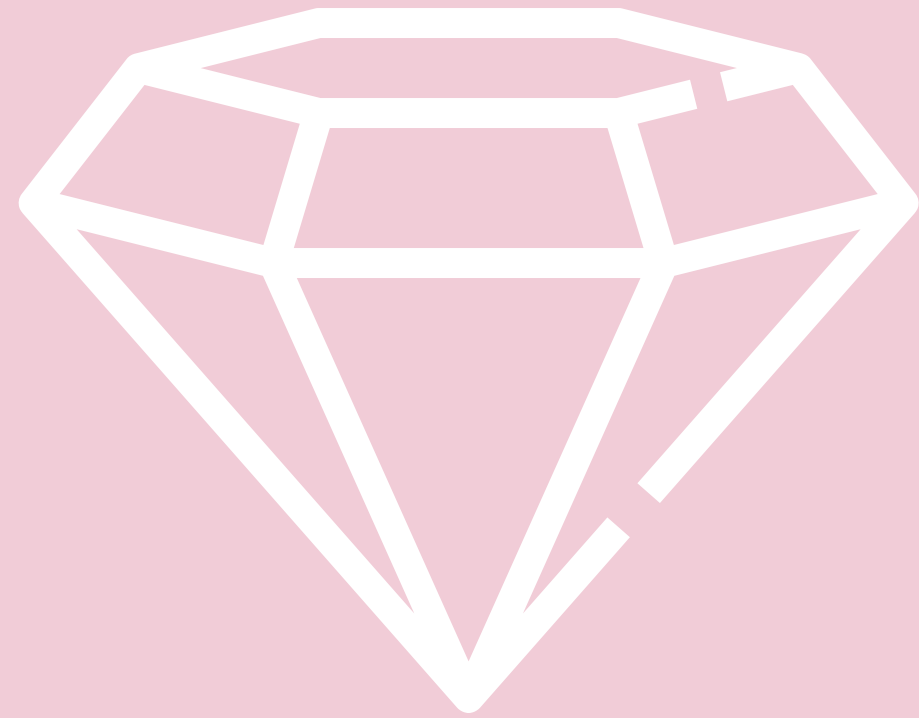
Salad dressing is one of the top culprits for hidden sugar and trans fats.



EATING OUT TIP #5

Pass on Dessert

Unless it's a special occasion, do your best to avoid even looking at the dessert menu.



TAKE ACTION:

Get Cooking!

- Check out the Recipes section of the program
- Invest in a cookbook

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