



Advantage *Nourish*
Group Wellness Coaching

The Workbook



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Goal Setting Worksheet



Steps to create new goal(s) / habit(s):

- ☐ **Pick a habit.** There are a few different ways to do this. 1) Choose a habit for each category and see which one sticks. 2) Choose one category/habit where you are most motivated to take action. 3) Simply pick one category and one habit, and focus on making progress there. **Pro Tip: When you think of your new habit, it should be "roll your eyes" easy! That way when life hits the fan, you are still likely to accomplish them!.**
- ☐ **Be specific.** When will you complete this habit? Try stacking this habit on an already formed habit like brushing your teeth, or eating lunch.. If that's not possible, specify what days/times you are going to complete your habit.
- ☐ **Rate your confidence.** Rate your confidence about completing your new habit(s). Use a 1 - 5 scale.
1 - This is NOT going to happen, 5 - I've GOT this! You'll need to rate yourself at a 4 or more. Anything less than a 4 go back and reassess the habit(s) you picked and figure out how can you make it easier to manage.
- ☐ **Identify barriers and solutions.** Look into the future for a moment. What will hinder you from completing your habit? Identify solutions on how will you overcome it.

My new goal(s) / habit(s):

Hydration Habit



Whole Food
Habit



Rest and Digest
Habit



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Goal Setting Calendar



Reassess Your Habit(s) Every Two Weeks:

How ARE you doing? What are you learning about yourself? Are there any tweaks to your habit that need to happen? Were there any circumstances that prevented you from accomplishing your habit? How will you overcome those situations in the future?



Weeks 1 & 2 Recap:



Weeks 3 & 4 Recap:

Check off your habits/goals that you complete each day. Celebrate each time you complete a habit!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

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Meal Plan

WEEK OF :



	DINNER	LUNCH	BREAKFAST
SUN			
MON			
TUE			
WED			
THR			
FRI			
SAT			



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Healthy Eating on a Budget



It all starts with groceries! Quick check list before you head to the store:

- See what you already have – Freezer, cabinets, and refrigerator.
- Think about your schedule – What days do you or do you not have time to cook.
- Write down a meal plan – Dinners, lunches (leftovers?).
- Determine what recipes you are going to use.
- Make a grocery list. Organize it by the store's sections or food groups. This will save you time and money since you will not be wondering around finding things NOT on the list.

Other Ways to Save:

- **Meatless Mondays** – Use beans and skip the meat. Dried or canned beans are much more cost-effective than animal meat. Stretch out the use of your meats by mashing up beans into the mix.
- **Use the Pantry** – Meal plan around what you already have in your pantry.
- **Coupons** – All those pennies can add up quickly. Most grocery coupon books come out mid-week and can be found in the entry way. Also try checking newspapers, store websites or social media.
- **Buy in Bulk** – If you are able, try to buy items in bulk when they are on sale. This oftentimes requires a freezer or a way to preserve the extra food.
- **Buy in season** – Seasonal fruits and vegetables will cost way less than asparagus in January.
- **Buy on Sale** – What items are on sale this week? What can you make with them? Are there items that you don't need this week, but will need and are on sale now?
- **Cost-Effective Places** – Ask around for the best deals. Farmers markets, co-op for spices in bulk, Aldi for produce and nuts, bulk food stores, discount grocery, and garden!
- **Canned/Frozen Fruit or Vegetables** – Just make sure the canned fruit is in 100% juice, canned vegetables are in "low/no sodium", and that frozen vegetables are not in some high fat/sugar sauce.
- **Prepare you own meal and treats** – A little more time in the kitchen can yield big money-saving results by keeping you out of your take-out app or the drive through.
- **Avoid Food Waste** – Rotting food = throwing your money away! Maybe you need to learn how to best preserve food (days = refrigerator, months = freezer, years = picking dehydrate, ferment, smoke, can).
- **Cut the Crap** – Cookies, ice cream, chips, soda, and juice are expensive! Cutting these unnecessary items from your life will loosen your waistline and fatten your wallet!
- **Eat before you go shopping** – This way you will be less likely to impulse buy something.

Budget-Friendly Way to Stock Your Pantry

Rice or Other Grains – Whole grains have more nutritional value than pastas or white rice. Quinoa adds a boost of fiber and protein, as one of the most protein rich grain you can find. All cooked grains also freeze well! Cook them in bulk and freeze some for another dish.

- Use In: Buddha Bowls, just add some beans for protein and a few vegetables, fried rice
- Canned beans are a great way to add protein to any meal, just be sure to rinse them first.
- Dried beans are less expensive; however, if you are less likely to use them, then just get them in a can.
- Use In: Great way to stretch out your ground beef, soup, stew and chili.

Pasta Sauce

- Not just for spaghetti. Next time it is on sale, grab several cans!
- Use In: Stuffed peppers, chicken parmesan, meatloaf, lasagna.

Canned Meat

- Chicken, salmon, tuna are great and economical options. Non-perishable are great in a pinch when other food is running low.
- Use In: Tuna sandwiches, salads, casseroles, soups, dips, and patties

Stocks

- Common ingredient in more than just soup.
- Use In: Making your grain (rice, etc), sauces, casseroles, sauteing vegetables

Peanut Butter

- Inexpensive and versatile, because it can be used in every meal of the day!
- Use In: smoothies, sandwiches, peanut noodles, and dessert!

Oil/Fat

- So many recipes start with some kind of fat! Use avocado oil, olive oil, or butter. Avoid other vegetable oils.

Garlic

- So many recipes! Because garlic is one of those aromatic ingredients that tends to be important factor for taste.

Ground Meat

- For instance: beef, turkey and chicken are great for making quick and easy meals. Be sure to buy meat in bulk and when it is on sale, then portion it out and freeze what you'll need in the future.
- Use In: Soups, casseroles, hamburger patties, and tacos.

Frozen Vegetables

- Often cheaper than fresh, out of season vegetables and last longer! They can save you time since they are already cut up for you, and most of the time come in a "mixed" bags, so you just need one!
- Use In: frozen spinach in quiche, mixed vegetables in fried rice, and corn in tortilla soup, or just as a side.

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Dressing Recipes



Chimichurri

- 1 & 1/2 C packed fresh Parsley
- 1/4 C fresh Oregano (1 tsp if dried)
- 1/4 small red onion (1 shallot)
- 3 Garlic Cloves
- 3 Tbsp Red Wine Vinegar
- 2 Tbsp Lemon Juice
- 1 tsp Salt
- 1/4 tsp Red Pepper Flakes (optional)
- 3/4 C Olive Oil (I use 1/4 C)

You could marinate meats in this, cook up and still use the rest of the sauce on vegetables or to mix with a carb (potatoes, rice, quinoa), or use it on roasted vegetables and rice.

Thai Peanut Stir Fry Sauce

- 2 Tbsp Red Wine Vinegar
- 2 Tbsp Soy Sauce
- 1/4-1/2 C Peanut Butter
- 1 Tbsp Brown Sugar (honey or maple syrup)
- 1 tsp Garlic Powder or minced cloves
- 1/8 tsp Ginger paste (more if it is ground)
- 1/8 tsp Cayenne Pepper

Sauté up whatever vegetable you wish. Let it simmer for 5-10 minutes, serve on rice noodles, rice, etc.

Vegan Pesto (or Dairy Free)

- 1/2 C Pine Nut ("poor mans" = cashews or walnuts)
- 1/4 C Nutritional Yeast (OR Asiago/ Parmesan Cheese)
- 2 Cloves Garlic
- 6 C Basil Leaves
- 3/4 C Olive Oil
- 1 tsp Salt

Food process till smooth-ish. Put on pizza crust or add to dishes as a sauce.

Paula's Taco Seasoning

- 1 Tbsp Chili Powder
- 1 1/2 tsp Cumin
- 1/4 tsp Garlic
- 1/4 tsp Oregano
- 1/4 tsp Crushed Red Pepper (I omit for children)
- 1/4 tsp Onion Powder
- 1/2 tsp Paprika
- 1 tsp Black Pepper

Tacos - Just make your usual 1/2-1 lb. of meat. Add 1/4 cup water. Add spice and simmer. (You can make this in bulk.)

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Eating Whole Foods



AdvantageNourish Principle – Eat Whole Foods

What are whole foods? Foods that are close to their natural state, with no added sugars, starches, flavorings, or other manufactured ingredients.

Why eat whole foods? Eating whole foods will increase your diet's nutrient density or overall nutritiousness, including increasing fiber, vitamins, and minerals.

Eating whole food is not a fad; it is a lifestyle that emphasizes choosing whole foods versus a standard American diet of highly processed and ready-to-eat foods.

Many ready-to-eat foods like frozen meals (yes, the "healthy" ones too!), baked goods, and candy are potentially packed with artificial ingredients, preservatives, and flavorings. Below is a quick reference guide on what whole foods are and what foods to avoid.

EAT PLENTY

- Fruits & Veggies
 - Spinach, kale, brussels sprouts, bell peppers,
 - grapefruit, oranges, berries, apples
- Nuts, seeds, beans
 - Walnuts, cashews
 - chia seeds, flax seeds
 - black beans, lentils, chickpeas
- Milk & dairy products
 - Greek yogurt, cottage cheese
 - Eggs
- Meat, poultry & seafood
 - Meat or poultry without hormones or added sugar
- Minimally processed foods
 - Pre-prepared foods for convenience like washed greens, and sliced fruits
 - Frozen items that do not include additives like sugar or salt
- Whole Grains
 - Brown rice, quinoa, barley

AVOID OR EAT SPARINGLY

- Prepared and ready to eat foods
- Heavily processed foods
 - Corn flakes
 - Fruit roll ups, fruit drinks, veggie chips
- Refined carbohydrates
 - Puff rice, brown rice syrup, anything made with flour
- Foods with added sugars

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Rest & Digest



AdvantageNourish Principle –Rest and Digest

For our bodies to recover from all the stresses of the day, we need to allow ourselves some time to relax, rest, and digest. In this article, we will discuss diet and sleep and give suggestions on how to improve the quality of your sleep.

Effects of Sleep on Diet

Sleep affects nearly every tissue in the body, offering time for the body and brain to rest and restore.

Not Enough Sleep

In people who don't get enough sleep, there is a tendency to overeat and choose high-calorie foods. Not sleeping enough or getting good sleep affects the release of ghrelin and leptin. Leptin and ghrelin are hormones that let the brain know when to consume calories and/or when calories are consumed. Chronic sleep loss has even been linked to a larger waist circumference and an increased risk of obesity, among other ailments.

Effects of Diet on Sleep

Eating too much or too close to bedtime

Eating too late or eating too many calories during the day can affect sleep quality. High carbohydrate intake has been linked to an increase in the number of times someone wakes during the night. While eating too close to bedtime can cause discomfort by being too full, cause acid reflux, and raise body temperature. The body also must devote a lot of energy to digestion, causing the body temperature to rise, which is counterproductive for good sleep.

Not enough nutrients

If your current food intake lacks key nutrients such as calcium, magnesium, A, C, D, and E your body doesn't have the nutrients needed for restful sleep.

Too much caffeine

Depending on your metabolism, one cup of coffee can take 8-12 hours to exit your body entirely. With caffeine's ability to hang around in the body for an extended time, the added stimulation can make it harder to fall asleep and stay asleep. Caffeine-interrupted sleep can lead to sleep deprivation the following day, potentially leading to fatigue and problems with learning, memory, problem-solving, and emotion regulation.



AdvantageNourish Principle –Rest and Digest, cont.

Tips on getting more restful sleep

Set your sleep schedule

- Make gradual adjustments
 - Ex. Going to bed just 30-minutes earlier to start.
- Have a fixed wake up time - even on the weekends!

Keep bedtime routine consistent

- Follow the same steps
 - Ex. unplug, brush teeth, relaxation, bedtime.

Unplug from your devices

- Carve out 30-60 minutes of device free time prior to sleeping.

Test methods of relaxation

- Take a bath, gentle yoga, breathwork, prepare for the next day.

Get daily light exposure

- Outside or with a sunlight mimicking lamp.

Move your body

- Our bodies are meant to move.
- If you have a desk job or find yourself sitting a lot, try to get at least three minutes of movement per hour. You can go on a quick walk or have a dance party in your living room!



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Eating Whole Foods



AdvantageNourish Principle - Hydrate

- Drink when you're thirsty.
- Sip rather than guzzle.
- Drink water with meals

It's all relative. Make your drink choices based upon your goals. If your goal is to have above average body composition, you may choose to have drinks only from the yellow and green categories. If most of your drinks currently fall into the red category, try switching a few to a yellow or green category. Message your coach for specific recommendations based upon your current activity level and nutrition status.

LESS

Drink rarely, for most people. Sports drinks and milks can be added for those who are highly active.

MORE

Drink occasionally

OFTEN

Drink plenty!

More than 150 calories

- Regular soda
- Energy drinks
- Sports drinks
- Sweetened coffee / tea
- Juice drinks with added sugar
- Whole milk
- Other beverages sweetened with any kind of sugar including high fructose
- 2% milk
- Chocolate milk

50 - 150 calories

- Diet soda
- Artificially sweetened drinks
- Sweetened Iced tea
- Sweetened soy / almond milk
- Lightly or artificially sweetened sports drinks
- Low sugar drinks
- Unsweetened soy / almond milk (4 oz.)
- Protein Shakes
- Coconut water

Less than 50 calories

- Water (plain or infused with fresh fruit or veggies)
- Unsweetened tea or coffee
- Unsweetened carbonated water
- Matcha tea
- Herbal Tea
- Green tea
- Kombucha