

# HEALTHY SNACKS *for* HUNGRY MOMS

**3-STEP METHOD TO  
CONTROL YOUR CRAVINGS +  
BOOST YOUR ENERGY**





FUEL LIKE A  
MOTHER

*to*

THRIVE LIKE A  
MOTHER

# MEDICAL DISCLAIMER

This program is written by Alavita Perinatal Nutrition Associates, LLC., The authors are both board certified & Licensed Registered Dietitians and Nutritionists through the CDR (Commission on Dietetic Registration).

These guidelines are not intended to treat any nutrient deficiencies, allergies or other food related health problems, nor are they formulated to diagnose, treat, cure or prevent any medical conditions.

The content found in these materials have been developed for the sole purpose of promoting general healthy eating and lifestyle habits. They should not be regarded as medical advice.

Each person must take into consideration her own unique nutritional needs and consult a Registered Dietitian or other medical professional for personalized recommendations. The information found here serves only as a general guide. You should always obtain any appropriate professional health advice relevant to your particular circumstances.

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# ALAVITA NUTRITION

## *Our Mission*

### ENERGIZING THE MODERN MOTHER

You know how motherhood has become synonymous with running ragged? It doesn't have to be that way.

You can be an exceptional mom with enough energy leftover for yourself and your dreams.... But not if you're running on empty.

*WE TEACH WOMEN HOW TO EAT,  
FOR ENERGY, STRENGTH & CONFIDENCE.*

We're busy moms and ambitious professionals, so we get it. If it takes too much time, it's not a solution. We keep the food good and the cooking simple.

Motherhood is a marathon - fuel for it.

ALA + VITA

(nourish)

(life)



# THIS IS FOR YOU

## WELCOME!

*Pop just one m&m and it's all over, the bag's gone... sound familiar?*

You're not the one who was born yesterday, you know what you "should" be eating... and you do pretty well... mostly.

It's just late afternoon into the evening, when you're so freakin' tired, you need just *one* cookie or *one* chip, and you've barely had a chance to notice that you're snacking before the bag's empty.

*Why are you so hungry all the time?!?* You're constantly fighting off cravings for sweets and comfort food.

And, you're so bored of your "healthy" snacks.

You fall asleep feeling guilty and bloated, and promise yourself tomorrow will be different... If you suspect there's a better way, you're right.

We got you.

## LET'S DO THIS

### YOU ARE READY

- ✓ CONTROL YOUR CRAVINGS
- ✓ BOOST YOUR ENERGY
- ✓ LOVE YOUR FOOD THE FOOD THAT FUELS YOU

FUEL LIKE A MOTHER



## OUR PROMISE TO YOU...

YOUR TIME IS PRECIOUS -  
WE PROMISE NOT TO WASTE IT.

### *Real Science + Real Experience*

It's time to claim control over your cravings and put a pep in your step.

Our guidance is tried & true, based on more than two-decades, combined, of clinical nutrition research and coaching women like yourself.

We promise not to waste your time with fad diets or unsubstantiated claims.

We share only what we know works, as evidenced by both science and by real-woman experience.

We put these guidelines into practice in our own lives - this is how we eat.

Follow these three steps and you're not going to believe how simple it is to feel so good.

We are so excited for you!

*Anna & Megan*

# MYTH #1:

## *You Need More Will Power*

### TRUST YOUR BODY

#### *IT'S LIKE HOLDING YOUR BREATH...*

When you breathe again, you have to take a huge gasp of air. Similarly, when you go too long without the right nutrition, when you do finally eat, your body "gasps" for food. It's about will power- it's biology.

#### *CRAVING CARBS IS A GIFT... IF YOU'RE LISTENING*

When you crave sweets and carbs, your highly intelligent body is letting you know that your tank is on empty. Think of the craving like an alarm sounding, "*Hey, remember me? I'm your body and I need attention! I can't do all of this while running on empty!*"

Carbs (you know, chocolate, bread, chips, etc.) are the fastest source of energy. They are readily absorbed into your bloodstream to give you a boost.

When you're under-nourished (meaning too few calories, too few nutrients, and most likely, *both*), your body knows the fastest route to refuel - cookies!

#### *YOUR BRAIN KNOWS WHAT IT'S DOING*

##### THE BIOLOGY

01

When you go too long without eating, your brain panics & produces a chemical called neuropeptide-Y (NPY).

02

NPY signals that starvation is near, and food is needed, stat. It's literally an alarm sounding that you need fast fuel - a.k.a. chocolate.

03

The longer you go under-nourished, the more NPY is produced and the stronger your cravings get.

04

When you eat, your brain replaces NPY with serotonin - the feel good hormone that naturally keeps you coming back for more.



## MYTH #2: *You Should Eat Less*

YOU NEED MORE...OF THE RIGHT THINGS...

### *I SHOULDN'T BE HUNGRY...*

... You tell yourself, "I haven't *really* exercised in who-knows-when. I already ate so much... I'm sure I don't really *need* more food."

As women, we get indoctrinated with a belief that we "*shouldn't*" be hungry. Growing boys, *they* need to eat. Girls, we need to be careful not to overdo it. Our job as nurturers is to feed our loved ones, but our needs can wait... *We're calling B.S.*

### *THIS CRAZINESS STOPS HERE.*

Food is *literally* energy. It's the fuel you need not just to survive, but to *thrive*. Food is also comfort, celebration, pleasure -- all wonderful things that you deserve to enjoy.

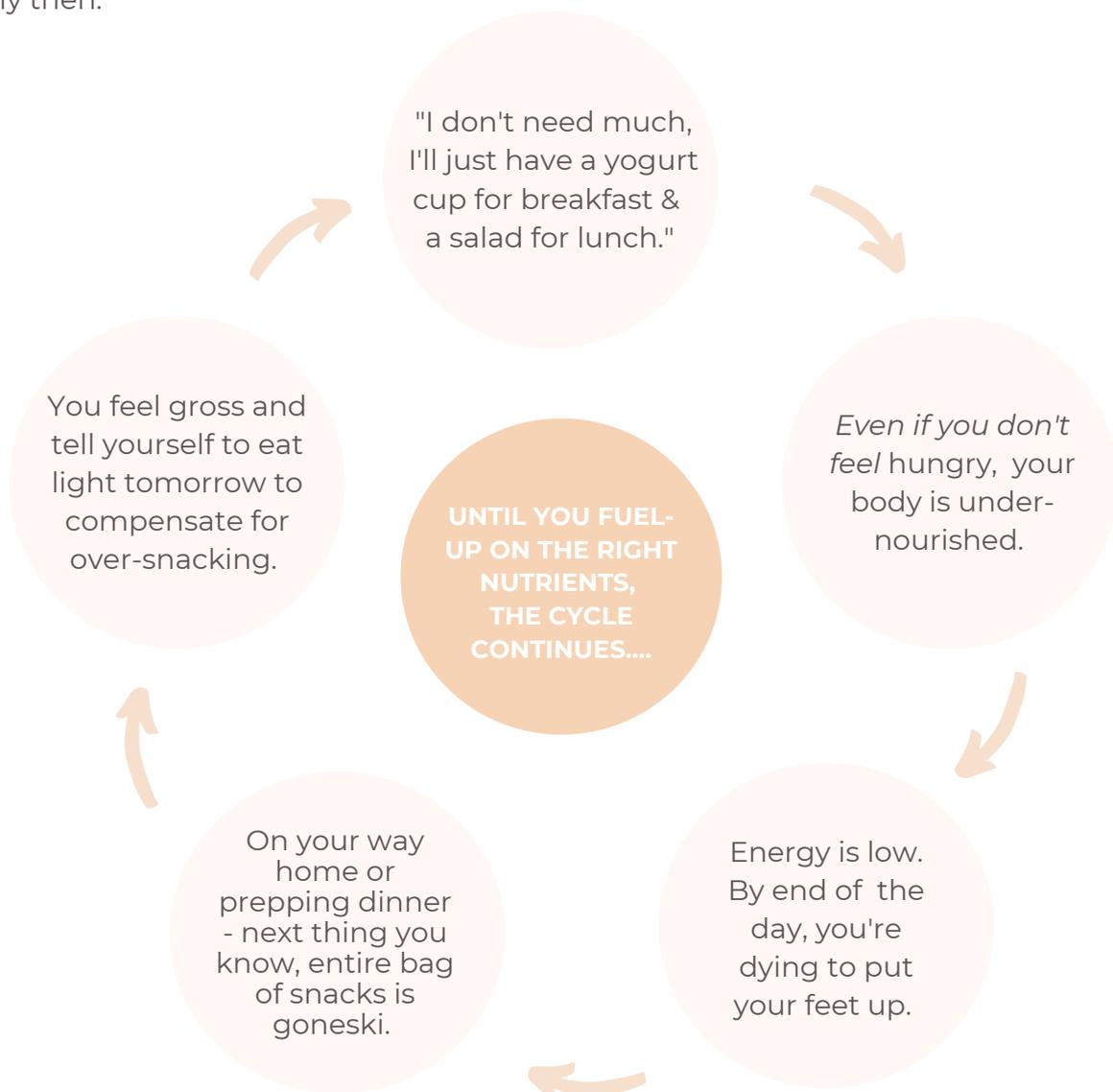
You're a hungry mama and you deserve to be. Own it.

*GIVE YOURSELF UNCONDITIONAL PERMISSION  
TO EAT WHEN YOU'RE HUNGRY.*

## MYTH #2: *You Should Eat Less*

### THE VICIOUS CYCLE - WHAT REALLY HAPPENS WHEN YOU TRY TO EAT LESS

Trying to eat "light" triggers a self-perpetuating cycle of over-eating, yet under-nourishing. Even if you eat enough *calories*, if you don't eat enough of the *nutrients* your body needs for optimal health, you'll continuously crave more food. Remember, that biology lesson from Myth #1. Once your body is replete with the nutrients needed for optimal health - and you get that serotonin rush - then you can feel satisfied - and only then.





## MYTH #3: *You Don't Have Time*

IT'S TIME TO PUT YOURSELF HIGHER UP ON THE PRIORITY LIST

### YOU'RE BUSY AF

We get it because we are too. Any semblance of a free moment is an impossible choice between a shower, catching up on email, prepping dinner and taking your little one(s) to the park. Self-care takes second fiddle to taking care of your family, and feels more overwhelming than rejuvenating.

### YOU ALSO WANT TO FEEL BETTER

You know how good it feels to be on track with your nutrition and to have a solid workout routine going. You want to feel like *that* again.

You want to feel in control, intentional and confident in your your choices.

Mostly, you just want to feel healthy and have more energy...

**What stands between run-down, hangry you, and vibrant, healthy you, is not lack of time...**

# MYTH #3:

## *You Don't Have Time*

### *THE OWL vs THE CHEESE*

Consider this study: Research participants were given a simple sketch of a maze and a cartoon mouse. They were instructed to get the mouse from one end of the maze to the other as quickly as possible. The participants were then split into two groups;



- One group had a scary cartoon owl looming over the maze, hunting the mouse.
- The 2nd group faced no scary predator. Instead, they had a mouth-watering morsel of cheese awaiting the mouse at the end of the maze.

Guess which group completed the maze faster? The cheese group.

### *WHY SHOULD YOU CARE?*

If you're moving *toward* a specific, desired goal, your attention and efforts are focused on that single outcome. But, if you're moving away from a threat, you're not paying attention to where you're going, as long as it's somewhere safe, *away* from the threat.

*You thrive when you have a positive goal to work toward, not just a negative state you're trying to get away from.*

You can be an exceptional mom and have energy for yourself. But, more time won't get you there. You need your cheese - an inspiring goal that moves you forward. You need:

1. A crystal clear vision of what you want; and
2. A training plan that fuels you through to the finish line.

### *THIS IS HOW NUTRITION COACHING CAN HELP.*

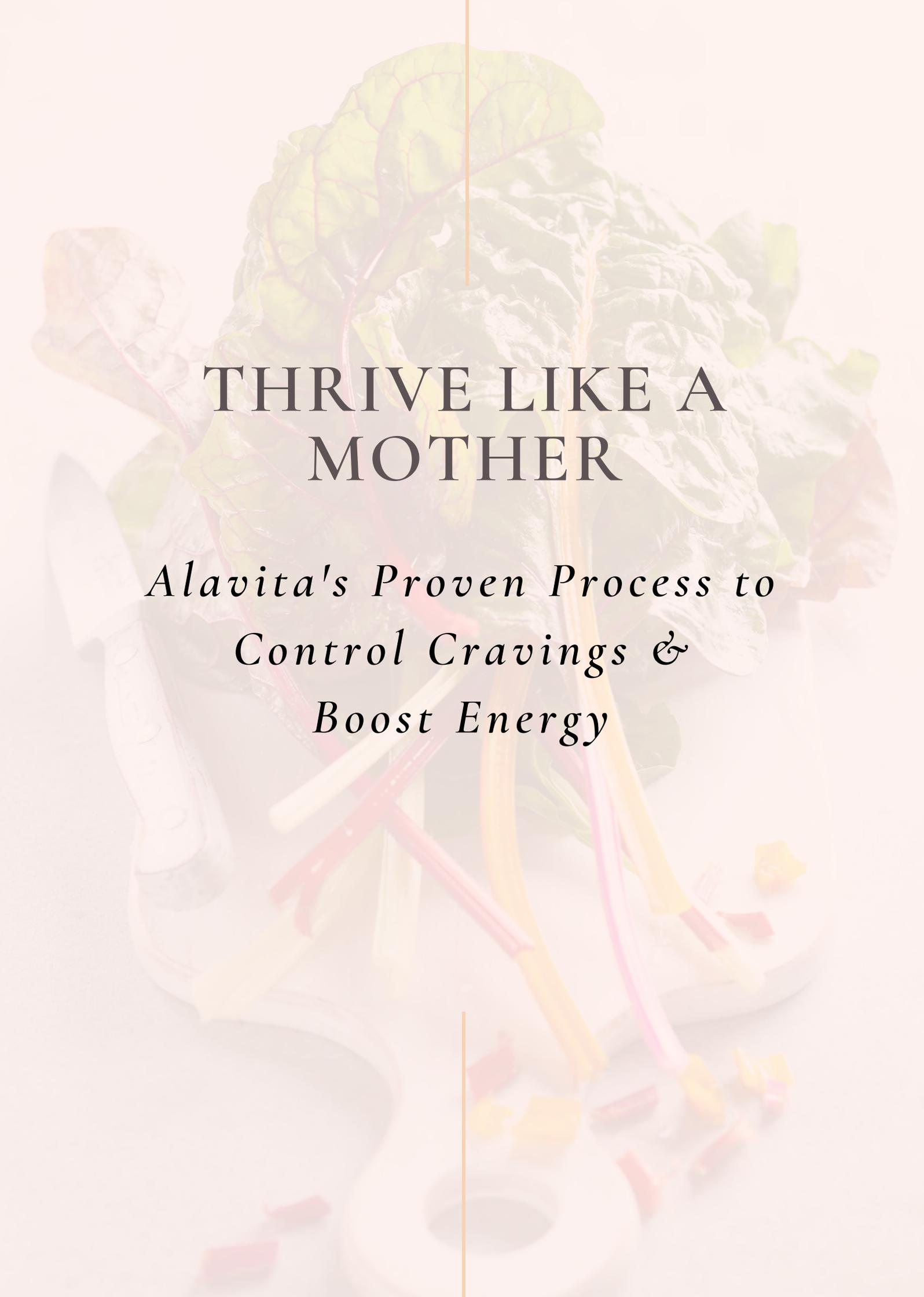
As your coach, we guide you in defining your goals for your health and your life. Together, we develop a personalized roadmap to shed the stress around food and kiss the guilt goodbye. It's time to eat and live with intention.

[BOOK A FREE DISCOVERY CALL.](#)



“  
*Self-care is giving the world what is best  
of you, rather than what is left of you.*

ALAVITA NUTRITION



# THRIVE LIKE A MOTHER

*Alavita's Proven Process to  
Control Cravings &  
Boost Energy*



# THE ALAVITA WAY

CONTROL YOUR CRAVINGS &  
BOOST YOUR ENERGY

## 01

EAT WITHIN 1-HOUR  
*of waking up*

*Eat like a queen for breakfast.*

## 02

PROTEIN + FIBER  
*Every time you eat*

*Fuel for the marathon of motherhood.*

## 03

FUEL FREQUENTLY  
*Every 3-4 hours*

*Invest in feeling good.*

# KNOWLEDGE IS POWER

*Understand the WHY*

Part of what sets Alavita apart is that we make our solutions sustainable. We don't believe in quick fixes, like month-long diets or cleanses that may make you feel accomplished in the short-term, but leave you high & dry in the months that follow.

*Instead, we give you the knowledge and understanding that you need to make this approach last a lifetime.*

Once you understand the WHY behind our recommendations, you naturally cultivate intrinsic motivation - the kind that makes sticking with it feel effortless.

*So it's solution time, but first, a quickie lesson on blood sugar balance, so you're equipped with the power of knowledge.*

# THE PROBLEM:

## *Blood-Sugar Imbalance*

Now, you can no longer blame your sweet tooth or dragging energy on lack of willpower or too little time. It's time to take control of the wheel and learn to eat in a way that makes you feel how you want to feel.

*The key to controlling your cravings and boosting your mood comes down to balancing your blood sugar.*

### **HERE'S WHY:**

When blood sugar levels jump too high, too quickly (as happens in response to a delicious dose of bread/pasta/crackers/cookies/chips), it triggers a cascade of hormone reactions, putting your metabolism through the wringer. The instantaneous sugar high quickly plummets into a grouchy, hangry, headachy cookie-monster.

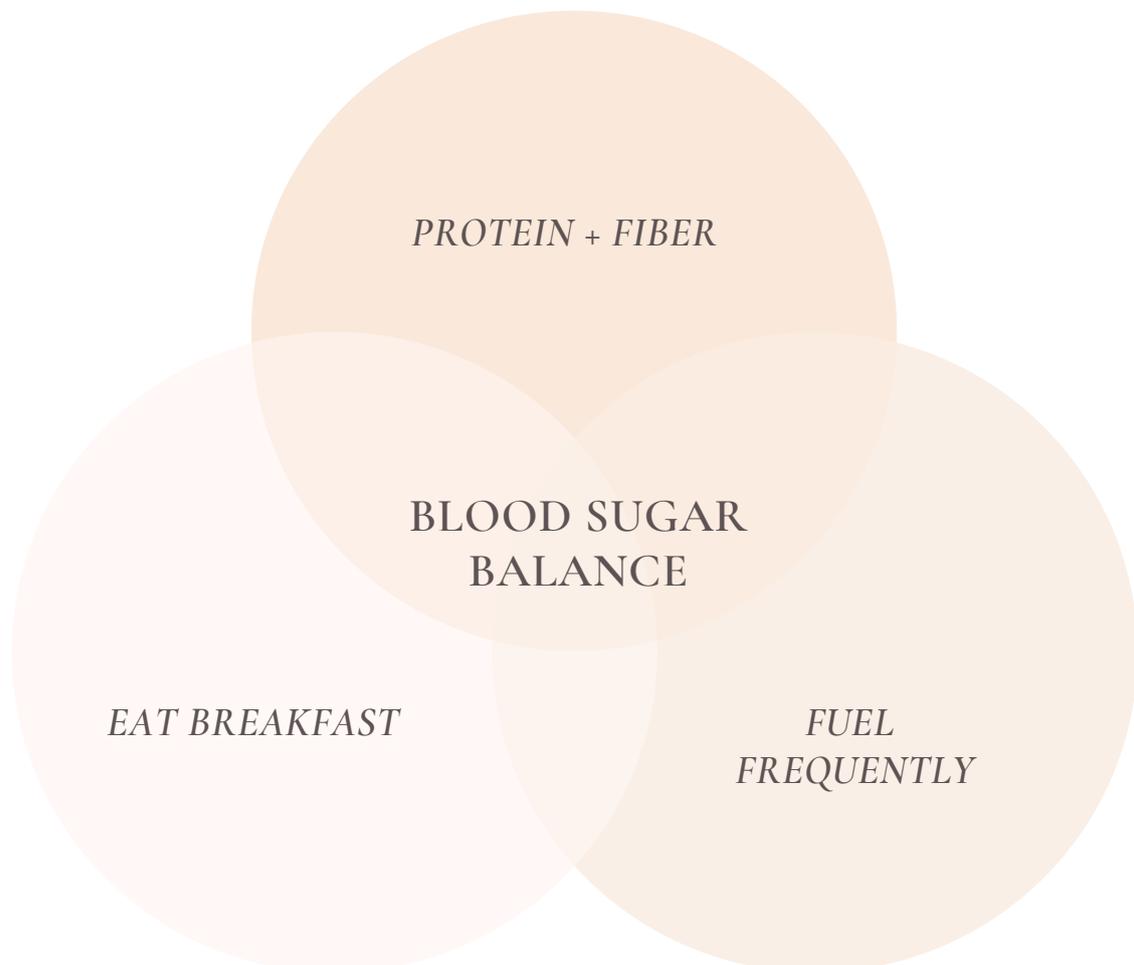


# THE SOLUTION:

## *A Blood Sugar Balancing Act*

From a nutrition perspective, there are three key ingredients to balanced blood sugar:

1. EAT WITHIN 1 HOUR OF WAKING UP;
2. INCLUDE PROTEIN + FIBER EVERY TIME YOU EAT;
3. FUEL FREQUENTLY (EVERY 3-4 HOURS).



01

EAT BREAKFAST

*Within 1-hour of waking up*



# 01 EAT BREAKFAST

## *Within 1-Hour of Waking Up*

If food is energy, why not start your day with a boost? Instead of a skimpy piece of fruit or a bar while running out the door, fuel-up early in the day, to energize your day. To you breakfast-skeptics, here's your why:

### *SKIPPING BREAKFAST SLOWS-DOWN YOUR METABOLISM*

- 
- 01 After an overnight fast (i.e. 6+ hours of sleep), your blood sugar gets depleted. Your vital organs - heart, lungs, brain - depend on that blood sugar as their primary source of fuel. Internal sirens sound.
  - 02 Your highly intelligent body rapidly responds by pumping out cortisol (the stress hormone) and rerouting metabolic pathways to conserve energy and produce more blood sugar.
  - 03 This means holding on to fat stores as an energy reserve, while simultaneously breaking down muscle into amino acids that can be quickly converted into sugar (i.e. energy for the vital organs). Muscle is your metabolic engine, so long term, this can slow down your metabolism.

### *SKIPPING BREAKFAST MAKES YOU EAT MORE*

Although perhaps counter-intuitive, [a robust body of research](#) shows that those who skimp on breakfast eat *more* later in the day, and end up eating more calories over all.

### *SKIPPING BREAKFAST MAKES YOU TIRED & GRUMPY*

By skimping on breakfast, you set your day off on a blood-sugar roller coaster. This means extreme highs don't last long, followed by low lows that make you feel sluggish, foggy-headed, grumpy and desperately craving a pick-me-up (i.e. coffee + cookie). [The research is clear](#): starting your day with a solid breakfast improves your mood and elevates your energy all day long.

# 01 EAT BREAKFAST

## *Within 1-Hour of Waking Up*

### *THE BREAKFAST SOLUTION*

Eating a good breakfast reverses the process described above bringing your blood sugar levels back into balance, lowering cortisol levels and turning off the starvation sirens in your brain.

Starting your day with a hearty breakfast will make you feel more satisfied and sane all day long.

*Try it - you'll quickly discover how much energy you have throughout the day, and uncontrollable cravings will soften into a faint whisper.*

*But, I exercise first thing in the morning.....*

Great! You can still eat a little something pre-workout, like half a banana with peanut butter, a bowl of cereal with milk, a smoothie, etc. This will ensure you're burning fat rather than muscle, while preventing a blood sugar crash post-workout.



*With this approach, you can truly love your body - not just for how good you look, but for how amazing you feel.*

*This means less time in your head & more time enjoying your life.*

02

PROTEIN + FIBER

*Every Time You Eat*



# 02 FIBER

## *Sustained Energy & Satisfaction*

### *CLEAR THE CARB CONFUSION*

First things first, carbs are not "bad". Carbs won't single-handedly make you fat. The real deal is that carbohydrates are one of the energy-giving macronutrients that you need to survive and thrive. They are the main source of fuel for your active muscles and your brain-power.

### *IT'S ALL IN THE NUANCE (AND IN THE FIBER)*

Some carbs are more nourishing than others. Obviously, an apple and an Oreo, although both carbs, don't have the same impact on your health. The Oreo lacks nutrients and sends your blood sugar through the roof. The apple has vitamin C, antioxidants *and fiber*. Rather than swearing off all carbs, it's more helpful to choose "complex" or unrefined carbs that have fiber.

### *FIBER IS SUSTAINED ENERGY & SATISFACTION.*

Fiber is an indigestible component of plant-based foods and a metabolic superhero. Fiber slows down the spike in blood sugar that happens after eating, meaning your appetite, metabolism and energy levels stay steady.

### *FIBER IS FOUND IN PLANT-BASED FOODS:*

✓ Nuts | Seeds | Nut Butters

✓ Beans | Lentils | Legumes

✓ Fruits | Vegetables

✓ Whole Grains  
(brown rice, quinoa, popcorn, etc.)

# 02 PROTEIN

## *Your Muscle Maker*

High-protein diets are all the rage right now - for good reason. Here's why protein should be part of every eating occasion:

- Protein has higher thermic effect, meaning it burns more calories to digest protein, compared to fat or carb;
- When coupled with strength training, eating protein helps ensure that if you lose weight, you lose fat rather than muscle;
- Protein slows down digestion and absorption, to keep your blood sugar levels in balance;
- Protein makes you feel full more quickly, and keeps you satisfied longer.

*The #1 culprit of sugar cravings is not eating enough protein!  
(Especially at breakfast)*



# 02 PROTEIN + FIBER

*Every Time You Eat*

## PUT THIS KNOWLEDGE INTO ACTION:

- *SNACKING ON AN APPLE?*

An apple is your fiber; add protein with nuts, jerky or cheese.



- *OATMEAL FOR BREAKFAST?*

Oatmeal is great fiber, but a blood sugar bomb if not paired with protein. Stir in some nuts and seeds, or serve yourself eggs on the side.

- *PASTA & TOMATO SAUCE FOR DINNER?*

Even if it's whole grain pasta with more fiber than the white variety, you still need a heap healthy of vegetables on the side or cooked into the sauce for fiber. For protein, add ground meat or sausage to the sauce, or top it off with meatballs.

## HOW MUCH PROTEIN?

You can only absorb ~30g of protein at a time, meaning no need to go crazy with expensive protein powders. Aim for ~10-20g of protein per snack and 20-30g per meal.

### ~20 grams of protein

3 oz MEAT, FISH, SHELL-FISH, POULTRY

1/2 cup BEANS, EDAMAME, TEMPEH

3/4 cup GREEK YOGURT, COTTAGE CHEESE

3 EGGS

### ~10 grams of protein

2 Tbsp NUT BUTTER

1 oz NUTS, CHEESE, PUMPKIN SEEDS

1 cup YOGURT OR COW MILK

1/2 cup TOFU

# 02 PROTEIN

## *Plant vs Animal*

### *IF YOU'RE ON THE VEG SIDE OF LIFE....*

The list on the right shown above is your go-to for protein. That said, we recommend including animal-based foods (eggs, dairy, maybe fish) as much as possible. Plant-based sources of protein are low in energizing nutrients like iron, zinc, B-vitamins, choline, vitamin A, vitamin D and more.

*If you're not much of a meat eater, and you're feeling tired, it's time to get your iron, B-12 and vitamin D levels tested.*

### *IF YOU'RE AN OMNIVORE....*

Although plant-based foods like beans and peanut-butter do provide some protein, you have to eat A LOT more of them to get an equivalent amount of protein. Animal-based proteins provide a much bigger bang for your buck - think chicken, eggs, cottage cheese or Greek yogurt. If you eat meat or fish, consider beans a carb with protein benefits.

### THE TWO MOST COMMON PROTEIN MISTAKES...

#### *Avocado & Hummus*

Avocado and hummus are often mistaken for good sources of protein. While both nourishing foods that may provide some protein - not enough. Hummus is mostly carb and avo is mostly fat (along with an abundance micronutrients). Eat these foods to your heart's desire, just know they're not your source of muscle-making protein.

### WANT MORE GUIDANCE?

*We're here for you.*

- You'll find a library of super simple, tasty recipes for balanced breakfasts, lunches, dinners & snacks at: [www.alavitanutrition.com/recipe-box](http://www.alavitanutrition.com/recipe-box)
- We also offer 1:1 coaching to make healthful eating work for your body and your life.

**BOOK A FREE DISCOVERY CALL**

# SIMPLE SNACKS

## *with Protein + Fiber*

QUICK & EASY SNACKS TO ENERGIZE YOUR LIFE

### TRAIL MIX:

- *Protein:* nuts or jerky
- *Fiber:* nuts, dried fruit or coconut flakes



### AVOCADO TOAST:

- *Protein:* add egg
- *Fiber:* avo + whole grain bread



### LOX CRACKERS:

- *Protein:* smoked salmon
- *Fiber:* whole grain crackers, capers



### POPCORN MIX:

- *Protein:* nuts or jerky
- *Fiber:* popcorn + dried fruit



### AVO TOAST:

- *Protein:* add lox
- *Fiber:* avo + whole grain bread + cucumber



### FANCY-CHEESE TOAST

- *Protein:* 2 Tbsp goat, brie or ricotta cheese
- *Fiber:* whole grain bread + figs (or other fruit)



### EDAMAME

- *Protein:* edamame
- *Fiber:* edamame



### AVO TOAST:

- *Protein:* 2 Tbsp goat or ricotta cheese
- *Fiber:* avo + whole grain bread



### PB&J

- *Protein:* 2 Tbsp PB
- *Fiber:* whole grain bread, real-fruit jam



# SIMPLE SNACKS

## *with Protein + Fiber*

### QUICK & EASY SNACKS TO ENERGIZE YOUR LIFE

#### YOGURT & FRUIT:

- *Protein:* 1 cup yogurt
- *Fiber:* nuts, fruit, granola



#### STUFFED DATES:

- *Protein:* 2 Tbsp nut butter or goat cheese
- *Fiber:* dates and nuts



#### SWEET POTATO TOAST:

- *Protein:* 2 Tbsp goat or ricotta cheese, or PB
- *Fiber:* sweet potato, tomato, avo, fresh herbs



#### COTTAGE CHEESE & FRUIT:

- *Protein:* 1/2 cup cottage cheese
- *Fiber:* nuts or fruit



#### SOFT-BOILED EGG:

- *Protein:* 1-2 eggs
- *Fiber:* whole grain bread



#### SMOOTHIE:

- *Protein:* yogurt or protein powder
- *Fiber:* fruit, leafy greens, avocado, nut butter



#### SMOOTHIE BOWL:

- *Protein:* yogurt or protein powder
- *Fiber:* nuts, seeds, fruit, leafy greens or avo



#### TURKEY-AVO KEBAB:

- *Protein:* turkey
- *Fiber:* tomato, avo, fresh basil, whole grain bread



#### CHEESE & FRUIT KEBAB:

- *Protein:* burrata
- *Fiber:* fruit of choice or caprese: with cherry tomato + fresh basil



# 03

## FUEL FREQUENTLY

*Every 3-4 Hours*



# 03 FUEL FREQUENTLY

*Every 3-4 Hours*

## *FOOD IS ENERGY.*

What you eat (or don't eat) makes the difference between dragging through the motions and having the energy to conquer your day.

At Alavita, we're all about eating for energy - not so that you can 'do it all', but so that you can be fully present for the moments that matter.

## *YOU CAN BE AN EXCEPTIONAL MOM WITHOUT LOSING YOURSELF OR YOUR DREAMS ALONG THE WAY!*

The trick is to not let motherhood drag you down by running on empty.

Think about what happens when you go too long without eating. Before feeling hungry, you probably notice feeling tired & cranky. This is so frequently among women that *hangry* is now a word in the dictionary. Going too long between meals causes your blood sugar, and thus your mood & energy to crash (queue the cravings).

On the flip side, the right fuel, in the right balance, can transform how you look & feel. So, after breakfasting like a champ, the next step to boost your energy and control your cravings is to eat protein + fiber every three to four waking-hours.

*Think of every time you eat as an opportunity to nourish & energize yourself.*

# BONUS

## PLAN FOR IT

*Make Healthy Eating Fit Within a Full Life*



# BONUS

## PLAN FOR IT

### *Invest in Feeling Good*

#### ***FEELING HEALTHY IS NOT GOING TO JUST HAPPEN TO YOU.***

If you want to *feel* different, you need to *do* different. This means that you need to consciously cultivate the habits that make you feel the way you want - happy, healthy, strong and confident.

Initially, this takes effort - we're not going to sugar coat it. Good things are worth working for. And, after getting over the initial hump, you'll start feeling so good, that conscious effort will quickly become second-nature.

#### ***BUT FIRST, YOU HAVE TO PLAN FOR IT.***

*Our #1 recommendation for HOW to make healthy eating fit into an already full-to-the-brim life, is to plan for it. Here's what you do:*

##### **1. Reserve one-hour each week for self-care in the form of meal planning.**

Make it the same time & day each week, like Sundays at noon or Thursday after little(s) get tucked-in. Recognizing that if it's not on the calendar, it doesn't happen, make this a non-negotiable routine. Just like planning your workouts, mapping out your meals for the week is the first step to making it happen.

*Don't skip this step! Skipping the planning part is the most common mistake we see, preventing the best of intentions from coming to fruition.*

##### **2. Take this time to sketch out a simple plan of meals for the week.**

*Keep it simple! [Here is a basic meal planning template](#), with examples to get you started.*

*It only takes a little planning to make your life a lot easier. You'll save time & money. You'll shed the stress about what's for dinner. What could be a more worthwhile use of your time, then investing in feeling good?*

# WHAT'S NEXT?

HOW DO YOU WANT TO FEEL?

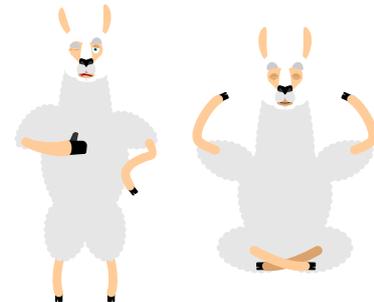
Pause for a moment to close your eyes....

Imagine your well-nourished, rested and energized self. Imagine how you want to be seen through the eyes of your children. Envision how you want to show up as a wife, as a member of your community and as a citizen of this planet. Do you see:

run-down & hangry  
Llama Mama



calm, cool & collected  
Llama Mama



or

## MOTHERHOOD IS A MARATHON - FUEL FOR IT

The runner who shortcuts training, without a coach or a nutrition plan, takes off at a sprint, only to bonk by mile 10 and crawl across the finish line. The runner who follows a plan, fuels-up throughout training, and enters the race with a full fuel belt, cruises across the finish line with a huge hug for her family and a champagne toast.

In parenting, everyday is the marathon. You can just make it through. Or you can level-up.

Our signature ***THRIVE IN FIVE™*** method takes you to the next level. We walk you through five simple steps to eating for energy, strength & confidence.

*If you're ready to level up, see our coaching and program options on the next page.*

# SERVICES *and* PROGRAMS

WE'RE HERE FOR YOU

## 1:1 COACHING

*Initial Session*

- ✓ 90-MIN 1:1 SESSION
- ✓ INDIVIDUALIZED NUTRITION PLAN
- ✓ UNLIMITED SUPPORT & ACCOUNTABILITY
- ✓ MEAL PLANS, RECIPES & SHOPPING LISTS

**\$185**

## VIP COACHING

*4-Week Package*

- ✓ 90-MIN 1:1 INITIAL SESSION
- ✓ INDIVIDUALIZED NUTRITION PLAN
- ✓ 60-MIN WEEKLY SESSIONS
- ✓ DAILY CHECK-INS
- ✓ UNLIMITED SUPPORT, ACCOUNTABILITY & PERSONALIZATION
- ✓ MEAL PLANS, RECIPES & SHOPPING LISTS

*There's no one-size-fits all nutrition. You need a plan designed just for you, and a coach to keep you on the track to success.*

**\$1260**

## THRIVE LIKE A MOTHER

*Nutrition Bootcamp*

- ✓ DOWNLOADABLE PDF TO LEARN OUR PROVEN PROCESS, *THRIVE IN FIVE™*.
- ✓ 2-WEEK BOOTCAMP, INCLUDING MEAL PLANS, RECIPES & SHOPPING LISTS
- ✓ TEMPLATES & GUIDES TO MAKE IT YOURS
- ✓ GOAL-SETTING & ACCOUNTABILITY TOOLS TO MAKE IT LAST

**\$49**

DOWNLOAD  
HERE

[THRIVE LIKE A MOTHER](#)

[Nutrition Bootcamp](#)



## 1:1 COACHING *with Anna*

*As your coach, we form a partnership. I help you get crystal clear on your goals, then we design a personalized nutrition program that's perfect for you.*

You're too busy to mess around with generic nutrition recommendations designed for the masses. You need your specific questions answered. You also need trustworthy information and recommendations realistic for your full-to-the-brim-life.

*I got you.*

### ***NUTRITION COACHING WITH ANNA CAN HELP YOU:***

- Achieve a weight that *feels* good and optimizes your health;
- Boost fertility and prepare your body for a health pregnancy;
- Regain your strength & energy postpartum;
- Establish simple and delicious meal routines for you and your family;
- Ensure you and babe thrive through pregnancy, breastfeeding and beyond;
- Control your cravings and hormonal fluctuations;
- Take a real food approach to managing PCOS, thyroid issues, endometriosis, etc.;
- Learn our proven process, *THRIVE IN FIVE™*, to feel healthy, strong and confident.

[BOOK A FREE DISCOVERY CALL](#)

# TESTIMONIALS

## WHAT WOMEN ARE SAYING



I saw improvement in my energy & my running, I met my breastfeeding goals, and chipped away at at 7 lbs of baby weight without the restriction I'd encountered with diets before.



Megan M.



"IAnna helped me have energy again! She guided me to the right supplements for my specific situation and helped me navigate all the competing info. Both my daughter and I are so much healthier from working with Alavita."



Sarah M.



*I had a baby 6 weeks ago. I bought your guide because I was struggling with managing hunger while breastfeeding. I feel so much better already. Energy is better, mood is better, and I'm not reaching for cookies when I'm starving at 5 pm any more.*



Alex D.



*"Through your program, I have increased my energy AND lessened stress in my life knowing that I'm living in line with my commitment to health. I can't thank you enough for the jump start back to healthy eating that I can manage with my new life as a mama!"*



Angie W.

# MEET *the* TEAM

REGISTERED DIETITIANS AND BUSY MOMS



Anna Bohnengel,  
MS, RDN, LD

Co-Founder

Hey! I'm Anna, born to hippies in Vermont, I now call myself an Oregonian, and the proud mama of two boys + a boxer-dog named Douglas. It's a rare day that you won't find me slinging pots & pans in the kitchen, then collapsing into my bed by 9 p.m. I'm all about helping women eat well, so you can enjoy the precious moments, with energy leftover for yourself.



Megan Landrum  
MS, RDN, LD

Co-Founder

Hi! I'm Megan. Once upon a (free) time, you could find me on the yoga mat or indulging in the Portland food scene. Now, with baby Max at the center of my universe, I've had to double-down on creating the space to care for myself so I could enjoy this new chapter of my life. I'm dedicated to helping moms and their little ones have a healthiest possible start to life.



# RECIPES

*Balanced Breakfasts &  
Satisfying Snacks*

# Balanced BREAKFAST

ENERGIZE YOUR DAY IN UNDER 5 MIN

## Broccoli-Cheddar Egg Muffins

Makes 12 muffins

### INGREDIENTS

12 eggs, 2 cups broccoli florets, chopped into 1/4" pieces, 1.5 cup grated cheddar, 1 large onion, diced, 1 Tbsp balsamic, 1 Tbsp Dijon mustard, 1/4 tsp salt, 1/2 tsp crushed red pepper (*optional*)

### PREPARATION

[See full instructions](#)



## 5-Min Chia Breakfast Cake

Servings: 1

### INGREDIENTS

1 egg, 1 Tbsp almond milk, 1 Tbsp chia seeds, 1/4 cup almond meal, 1/4 tsp baking powder, 1/4 tsp cinnamon, 1 Tbsp maple syrup, 1/4 cup pumpkin. *Optional toppings:* yogurt, honey or maple syrup, cinnamon, fresh fruit, nuts or nut butter

### PREPARATION

For one cake, whisk together all the ingredients, then pour into a flat-bottomed bowl or dish, about the size of a cereal bowl. Any microwave-safe bowl will work. Microwave on high for 3 minutes.

*Note: To save yourself from cleaning another dish, you can microwave it right in the bowl you used to mix the ingredients. Top each cake with delicious goodies of choice.*

# Balanced BREAKFAST

ENERGIZE YOUR DAY IN UNDER 5 MIN

## Berry Parfaits

Servings: 1

### INGREDIENTS

#### *oat crumble:*

1/3 cup oats, 2 Tbsp maple syrup, 1 Tbsp chia seeds, 1/4 cup walnut pieces, 1 tsp cinnamon

#### *parfait:*

1 cup plain, Greek yogurt, 1 cup berries, from fresh or frozen

### PREPARATION

Mix all ingredients for oat crumble in a bowl. Make your parfait with layers of crumble, yogurt and berries.



## Cashew-Collagen Smoothie

Servings: 1

### INGREDIENTS

3/4 cup unsweetened almond milk, 1 cup berries of choice, 2 medjool dates (pitted), 2 Tbsp cashew butter (or other nut-butter of choice), 2 ice cubes, 1 scoop [collagen protein powder](#).

### PREPARATION

Blend and enjoy!

# Balanced BREAKFAST

ENERGIZE YOUR DAY IN UNDER 5 MIN

## *Avo-Toast with Fried Egg & Tomato Salad*

**SERVINGS: 1**

### INGREDIENTS

2 slices whole grain bread, 1/2 avocado, 2 eggs, s&p to taste + optional sprinkle of paprika and/or chili powder.

#### *Tomato salad:*

1 cup cherry tomatoes, quartered, 1/4 bunch green onion, diced, 1/4 cup olive oil, 1 Tbsp red wine vinegar, s&p to taste

### PREPARATION

Mix all ingredients for tomato salad together in a bowl. Toast bread, mash 1/4 of avo on each slice. Fry eggs in a healthy splash of olive oil. Top avo with egg and sprinkle with seasonings of choice.



## *Lemon-Ricotta Pancakes*

**SERVINGS: 2-4**

### INGREDIENTS

4 large eggs, 1 cup organic ricotta, 1/2 cup unsweetened almond milk, 1 Tbsp vanilla abstract, zest from 1 lemon, 6 Tbsp coconut flour, 1/2 tsp baking soda.

*Top with: yogurt, maple syrup & coconut*

### PREPARATION

Blend all ingredients until smooth. Melt a dollop of coconut oil in skillet over medium-high heat. Scoop 1/4 cup batter onto skillet. Cook until bubbles appear. Flip cakes and cook until golden brown on underside. Wipe skillet clean and repeat with more oil. Recipe makes ~8 pancakes.



# Satisfying SNACKS

LOVE THE FOOD THAT FUELS YOU

## Pumpkin Cookies

Servings: 7 Cookies

### INGREDIENTS

3/4 cup rolled oats, 1 large egg, 1/4 cup maple syrup, 1/2 cup canned pumpkin, 1/4 cup cashew butter, 1 tsp pumpkin pie spice, 1/2 tsp cinnamon, 1/8 tsp salt, 1/4 tsp baking soda, 1/2 tsp baking powder, 1 tsp vanilla extract, 1 Tbsp chia seeds

### PREPARATION

Blend all ingredients in food processor or blender. Let sit for 30 min (so chia seeds can soak up some of the liquid & thicken the batter, for a better cookie texture). Scoop 1/4 cup batter for each cookie onto a baking sheet lined with parchment paper or well-greased. Bake for 20 min at 350°F.



## Matcha Energy Balls

Servings: 6 Balls

### INGREDIENTS

1/2 cup cashews, 1/2 cup shredded coconut, 2 tsp matcha powder, 4 dates, pinch salt

### PREPARATION

Place all ingredients in food processor or high speed blender. Process for about 90 seconds, until ingredients are well blended but still have some texture. Form into 6 balls using your hands.

*Optional:* Roll in toppings of your choice. (Pictured clockwise from top left: plain, maca, black sesame seeds, chia seeds, coconut, hemp seeds).

# Satisfying SNACKS

LOVE THE FOOD THAT FUELS YOU

## Sunflower-Seed Honey Bars

Servings: Cut into ~20 bars

### INGREDIENTS

1 cup old fashioned oats, 1/2 cup raw pumpkin seeds, 1/2 cup raw sunflower seeds, 2 Tbsp chia seeds, 1 cup dried fruit of choice, 1/2 cup coconut flakes, 1/3 cup honey + extra for drizzle, 3/4 cup almond butter, pinch of salt, 2 tsp cinnamon

### PREPARATION

Preheat oven to 325°F. In a food processor, pulse all the ingredients until mostly fine, with a few coarse chunks. Transfer mixture into a 9 x 9" pan, lined with parchment paper. Top with a drizzle of honey and a sprinkle of cinnamon. Bake for ~25 minutes. Let the bars completely cool before cutting.



## Chocolate PB Cookies

Servings: 7 Cookies

### INGREDIENTS

1 cup creamy peanut butter, at room temp, 1 tsp melted coconut oil, 1/2 cup coconut sugar, 1 tsp vanilla extract, 2 eggs, at room temp, 1/2 cup unsweetened cocoa powder, 1 tsp baking soda, 1/4 tsp fine salt, 1/2 cup dark chocolate chips, coarse sea salt for sprinkling on top.

### PREPARATION

Preheat oven to 350°F and line a baking sheet with parchment paper. In a mixing bowl, combine PB, coconut oil, coconut sugar, vanilla, eggs, cocoa powder, baking soda & salt; mix until smooth and well combined. Fold in chocolate chips. Roll dough between your hands into large balls (about 2 Tbsp each) and place on baking sheet. Use your fingers to slightly flatten the top of each dough ball. Bake for ~7-8 minutes or until edges are set. Remove from oven and sprinkle cookies with coarse sea salt.



# Satisfying SNACKS

LOVE THE FOOD THAT FUELS YOU

## Chocolate Zucchini Muffins

Makes 10 muffins

### INGREDIENTS

1 cup zucchini (shredded), 1/4 cup honey, 1/2 cup mashed banana, 3/4 cup peanut butter, 4 large eggs, 1 tbsp vanilla extract, 1/2 cup coconut flour, 1 tsp salt, 1 tsp baking soda, 1/2 cup dark chocolate chips + extra for toppings, 1/4 cup cocoa powder

### PREPARATION

Preheat oven to 350°F. Line a muffin tin. In a large bowl add zucchini, banana, peanut butter, honey, eggs & vanilla. Mix until smooth. Mix together the dry ingredients, then add to the wet. Fold in chocolate chips. Spoon batter into 10 muffin cups. Top with extra dark chocolate chips. Bake for ~22-27 min or until toothpick comes out clean.



## Popcorn-Jerky Fiesta Mix

Servings: 1

### INGREDIENTS

2 cups popcorn, zest from 1/2 a lime, 1/4 tsp chili powder (*optional*), salt to taste, 1 Tbsp toasted coconut chips, 1/4 cup dried mango pieces (unsweetened), 1 oz Jerky (like [Krave Chili Lime](#))

### PREPARATION

Toss all together in a huge bowl and snack away.

# Satisfying SNACKS

LOVE THE FOOD THAT FUELS YOU

## Green-Chili Feta Dip

Servings: 4

### INGREDIENTS

1 cup Greek yogurt, plain  
1/2 cup organic feta crumbles  
1 can of green chilis  
1/2 cup of tomatillo salsa  
1/4 bunch of fresh cilantro, chopped  
pinch of salt to taste

### PREPARATION

Mix all together and dip with chip or veggies. If you're feeling spicy, some fresh jalapeno in there would be nothing short of amazing. If you're like me, you may also want to toss in a bit more salt.



## Avocado & Lemon-Ricotta Rice Cake

Servings: 1

### INGREDIENTS

1 brown rice cake, 1/4 avocado, 2 Tbsp organic ricotta, spritz of lemon juice, dash of lemon zest, pinch of fresh basil, s&p to taste.

### PREPARATION

Mash avocado onto rice cake with a fork. Spread ricotta (*solid source of protein!*) across top of rice cake, then sprinkle with lemon juice. Top with fresh basil, lemon zest, s&p.



## RECIPES & MORE

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