

# FOOD JOURNAL



**Created by: Merisa Martinez, Registered Dietitian**



# Welcome to Your Food & Wellness Journal

Created by **Merisa Martinez, MS, RD – Registered Dietitian**

This journal was thoughtfully designed to help you build balanced habits through food, movement, and mindful self-care – without perfection or pressure. You'll find simple, practical tools that support your goals and help you stay consistent, all guided by the MyPlate model.

## Inside, you'll find:

- Daily food tracking pages based on the MyPlate format, to help you visualize and balance your meals
- Snack ideas and guidance on how to pair foods for longer-lasting energy (especially focusing on fiber and protein)
- Nutrition label tips that show what to look for when grocery shopping – including fiber, protein, added sugars, and sodium
- Hydration tracker to help you meet your water goals each day
- Physical activity check-ins, with a goal of 60 minutes a day of any kind of movement that feels good for your body

This isn't about eating "perfectly" – it's about creating awareness and making small choices that add up over time. Use this journal to reflect, learn what works for you, and stay curious along the way.

**Let's get started!**



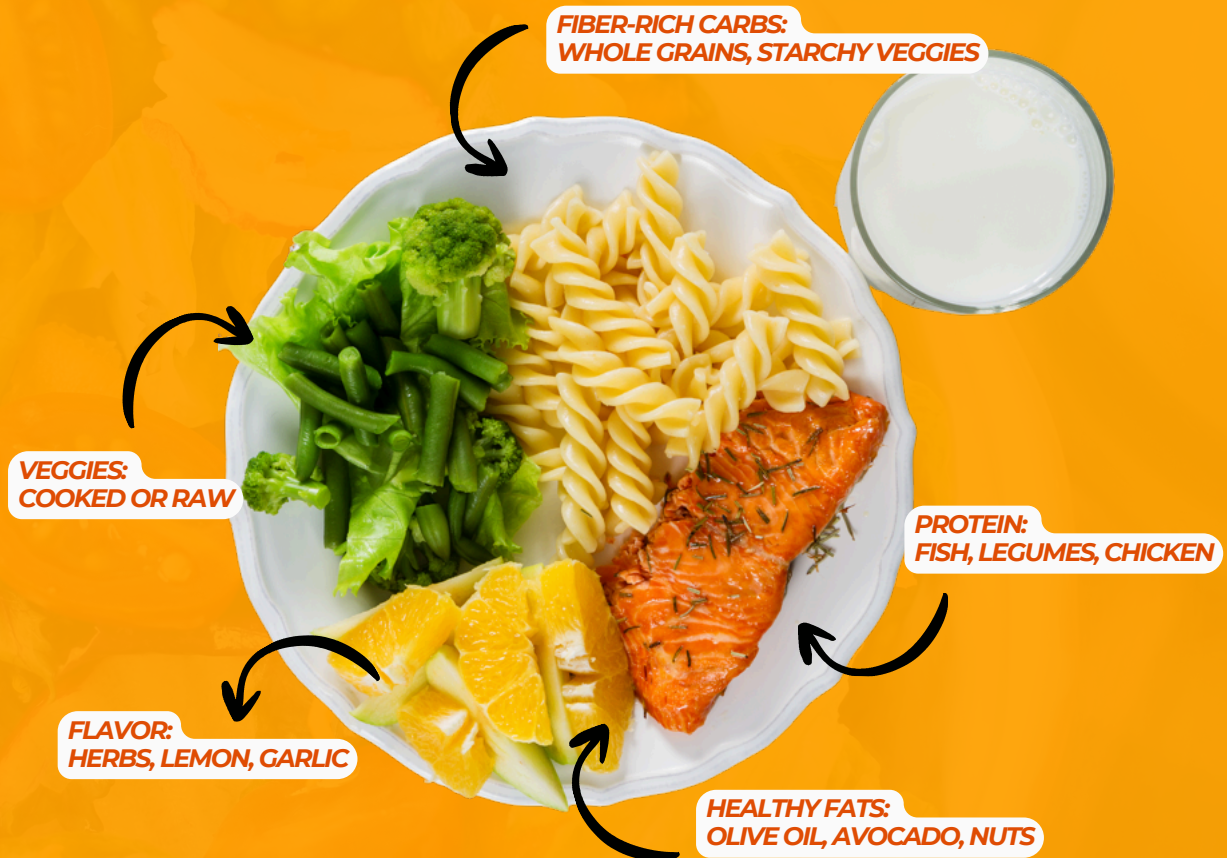
**Live Nourished Today, LLC**  
**1-1 Nutrition Counseling**  
**[livenourishedtoday.com](http://livenourishedtoday.com)**  
**Instagram @themindfulrd\_**



# MY PLATE METHOD

## What Does Balanced Look Like?

MyPlate is a visual guide to building a healthy and balanced meal. Imagine your plate divided into sections — it shows you the right portions of the five key food groups: fruits, vegetables, grains, protein, and dairy. It's not a diet — it's a simple way to think about how to eat healthier at every meal.



### PORTION CUES

- **Protein** = palm of your hand
- **Grains** = a cupped handful
- **Veggies** = 2 fists
- **Fruits** = 1 fist
- **Dairy** = size of a tennis ball (cheese) or small glass (milk)

### CALORIE & SODIUM RECOMMENDATIONS:

- **Meals:** Aim for ~500–550 kcals per meal, <500mg sodium per meal
- **Snacks:** Aim for ~200–250 kcals per snack and <250mg sodium per snack



# NUTRITION LABEL

1 serving per container	
<b>Serving size</b>	<b>1 bar (52g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>210</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 10g	<b>13%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 240mg	<b>10%</b>
<b>Total Carbohydrate</b> 22g	<b>8%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 13g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 12g	<b>18%</b>
Vit. D 0mcg 0% • Calcium 40mg 3%	
Iron 2mg 10% • Potassium 450mg 10%	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

## TIP:

IF YOUR SNACK IS LOW IN FIBER OR PROTEIN, TRY PAIRING IT WITH SOMETHING THAT OFFERS MORE OF THOSE NUTRIENTS. FOR EXAMPLE, IF YOU'RE HAVING GRONOLA BAR (<5G FIBER), TRY PAIRING IT WITH FRESH FRUIT OR VEGGIES. THIS HELPS KEEP YOU FULLER LONGER AND GIVES YOUR BODY MORE BALANCED FUEL.



## DAILY LOG

Date: \_\_\_\_\_

Each cup 8oz  
Water Intake:  \_\_\_\_\_

### Breakfast

Fruits	Grains	Dairy
Vegetables	Protein	

Est. Calories: \_\_\_\_\_

Sodium (mg): \_\_\_\_\_

### Snacks

Fruits	Grains	Dairy
Vegetables	Protein	

Est. Calories: \_\_\_\_\_

Sodium (mg): \_\_\_\_\_

### END OF THE DAY REFLECTION

Mood: \_\_\_\_\_ Energy levels: \_\_\_\_\_ Satisfaction: \_\_\_\_\_

**"Every bite is a building block."**



## DAILY LOG

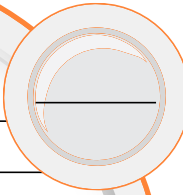
Date: \_\_\_\_\_

Each cup 8oz  
Water Intake: 

### Lunch

Fruits	Grains

Vegetables	Protein



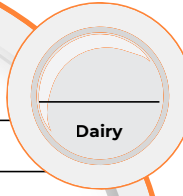
Est. Calories: \_\_\_\_\_

Sodium (mg): \_\_\_\_\_

### Snacks

Fruits	Grains

Vegetables	Protein



Dairy

Est. Calories: \_\_\_\_\_

Sodium (mg): \_\_\_\_\_

### END OF THE DAY REFLECTION

Mood: \_\_\_\_\_ Energy levels: \_\_\_\_\_ Satisfaction: \_\_\_\_\_

**"Nourishment is never a waste."**







## DAILY LOG

**Date:** \_\_\_\_\_

*Each cup 8oz*

**Water Intake:**



# Dinner

The diagram is a circular food guide divided into four quadrants by a vertical and a horizontal line. The quadrants are labeled as follows:

- Fruits** (top-left quadrant): Contains 5 horizontal lines for food items.
- Grains** (top-right quadrant): Contains 5 horizontal lines for food items.
- Vegetables** (bottom-left quadrant): Contains 5 horizontal lines for food items.
- Protein** (bottom-right quadrant): Contains 5 horizontal lines for food items.

To the right of the main circle is a smaller circle labeled **Dairy**, which contains 1 horizontal line for food items.

Est. Calories:

Sodium (mg):

## Snacks

**Fruits**

**Grains**

**Vegetables**

**Protein**

**Dairy**

Est. Calories:

Sodium (mg):

**END OF THE DAY REFLECTION**

**Mood:** \_\_\_\_\_ **Energy levels:** \_\_\_\_\_ **Satisfaction:** \_\_\_\_\_

**Mood:**

### Energy levels:

**Satisfaction:**

***"Good food is love served daily."***















































































































































































































## DAILY LOG

**Date:** \_\_\_\_\_

*Each cup 8oz*

**Water Intake:**



## Dinner

The diagram is a circular food guide divided into four quadrants by a vertical line. The quadrants are labeled as follows:

- Fruits** (top-left quadrant): Contains 5 horizontal lines for food items.
- Grains** (top-right quadrant): Contains 5 horizontal lines for food items.
- Vegetables** (bottom-left quadrant): Contains 5 horizontal lines for food items.
- Protein** (bottom-right quadrant): Contains 5 horizontal lines for food items.

To the right of the main circle is a smaller circle labeled **Dairy**, which contains 1 horizontal line for food items.

Est. Calories:

Sodium (mg):

## Snacks

The diagram is a large circle with an orange border, divided into four equal quadrants by a vertical and a horizontal line. The quadrants are labeled as follows:

- Fruits** (Top Left): Contains five horizontal lines for notes.
- Grains** (Top Right): Contains five horizontal lines for notes.
- Vegetables** (Bottom Left): Contains five horizontal lines for notes.
- Protein** (Bottom Right): Contains five horizontal lines for notes.

A small inset circle, also with an orange border, is located in the top right corner, overlapping the 'Grains' and 'Protein' sections. It is labeled **Dairy** and contains one horizontal line for notes.

Est. Calories:

Sodium (mg):

**END OF THE DAY REFLECTION**

Mood: \_\_\_\_\_ Energy levels: \_\_\_\_\_ Satisfaction: \_\_\_\_\_

**Mood:**

**Energy levels:**

**Satisfaction:**

***"Eat to fuel your best self."***



















































## DAILY LOG

**Date:** \_\_\_\_\_

*Each cup 8oz*

**Water Intake:**



# Dinner

The diagram is a circular food guide divided into four quadrants by a vertical line. The quadrants are labeled as follows:

- Fruits** (top-left quadrant): Contains 5 horizontal lines for food items.
- Grains** (top-right quadrant): Contains 5 horizontal lines for food items.
- Vegetables** (bottom-left quadrant): Contains 5 horizontal lines for food items.
- Protein** (bottom-right quadrant): Contains 5 horizontal lines for food items.

To the right of the main circle is a smaller circle labeled **Dairy**, which contains 1 horizontal line for food items.

Est. Calories:

Sodium (mg):

## Snacks

The diagram is a large circle with an orange border, divided into four equal quadrants by a vertical and a horizontal line. The quadrants are labeled as follows:

- Fruits** (Top Left): Contains five horizontal lines for notes.
- Grains** (Top Right): Contains five horizontal lines for notes.
- Vegetables** (Bottom Left): Contains five horizontal lines for notes.
- Protein** (Bottom Right): Contains five horizontal lines for notes.

A small inset circle, also with an orange border, is located in the top right corner, overlapping the 'Grains' and 'Protein' sections. It is labeled **Dairy** and contains one horizontal line for notes.

Est. Calories:

Sodium (mg):

**Mood:**

**Energy levels:**

**Satisfaction:**

***"What you eat today is how you feel tomorrow."***



















































































## DAILY LOG

**Date:** \_\_\_\_\_

*Each cup 8oz*

**Water Intake:**



# Dinner

The diagram is a circular food guide divided into four quadrants by a vertical line. The quadrants are labeled as follows:

- Fruits** (top-left quadrant): Contains 5 horizontal lines for food items.
- Grains** (top-right quadrant): Contains 5 horizontal lines for food items.
- Vegetables** (bottom-left quadrant): Contains 5 horizontal lines for food items.
- Protein** (bottom-right quadrant): Contains 5 horizontal lines for food items.

To the right of the main circle is a smaller circle labeled **Dairy**, which contains 1 horizontal line for food items.

Est. Calories:

Sodium (mg):

## Snacks

The diagram is a large circle with an orange border, divided into four equal quadrants by a vertical and a horizontal line. The quadrants are labeled as follows:

- Fruits** (Top Left): Contains five horizontal lines for notes.
- Grains** (Top Right): Contains five horizontal lines for notes.
- Vegetables** (Bottom Left): Contains five horizontal lines for notes.
- Protein** (Bottom Right): Contains five horizontal lines for notes.

A small inset circle, also with an orange border, is located in the top right corner, overlapping the 'Grains' and 'Protein' sections. It is labeled **Dairy** and contains one horizontal line for notes.

Est. Calories:

Sodium (mg):

**END OF THE DAY REFLECTION**

**Mood:** \_\_\_\_\_ **Energy levels:** \_\_\_\_\_ **Satisfaction:** \_\_\_\_\_

**Mood:**

### Energy levels:

**Satisfaction:**

***"Wellness is about progress, not perfection."***



## DAILY LOG

**Date:** \_\_\_\_\_

*Each cup 8oz*

**Water Intake:**



# Dinner

The diagram is a circular food guide divided into four quadrants by a vertical line. The quadrants are labeled as follows:

- Fruits** (top-left quadrant): Contains 5 horizontal lines for food items.
- Grains** (top-right quadrant): Contains 5 horizontal lines for food items.
- Vegetables** (bottom-left quadrant): Contains 5 horizontal lines for food items.
- Protein** (bottom-right quadrant): Contains 5 horizontal lines for food items.

To the right of the main circle is a smaller circle labeled **Dairy**, which contains 1 horizontal line for food items.

Est. Calories:

Sodium (mg):

## Snacks

The diagram is a large circle with an orange border, divided into four equal quadrants by a vertical and a horizontal line. The quadrants are labeled as follows:

- Fruits** (Top Left): Contains five horizontal lines for notes.
- Grains** (Top Right): Contains five horizontal lines for notes.
- Vegetables** (Bottom Left): Contains five horizontal lines for notes.
- Protein** (Bottom Right): Contains five horizontal lines for notes.

A small inset circle, also with an orange border, is located in the top right corner, overlapping the 'Grains' and 'Protein' sections. It is labeled **Dairy** and contains one horizontal line for notes.

Est. Calories:

Sodium (mg):

**END OF THE DAY REFLECTION**

**Mood:** \_\_\_\_\_ **Energy levels:** \_\_\_\_\_ **Satisfaction:** \_\_\_\_\_

**Mood:**

### Energy levels:

**Satisfaction:**

***"Eat to energize, not to escape."***



























## DAILY LOG

**Date:** \_\_\_\_\_

*Each cup 8oz*

**Water Intake:**



# Dinner

The diagram is a circular food guide divided into four quadrants by a vertical line. The quadrants are labeled as follows:

- Fruits** (top-left quadrant): Contains 5 horizontal lines for food items.
- Grains** (top-right quadrant): Contains 5 horizontal lines for food items.
- Vegetables** (bottom-left quadrant): Contains 5 horizontal lines for food items.
- Protein** (bottom-right quadrant): Contains 5 horizontal lines for food items.

To the right of the main circle is a smaller circle labeled **Dairy**, which contains 1 horizontal line for food items.

Est. Calories:

Sodium (mg):

## Snacks

The diagram is a large circle with an orange border, divided into four equal quadrants by a vertical and a horizontal line. The quadrants are labeled as follows:

- Fruits** (Top Left): Contains five horizontal lines for notes.
- Grains** (Top Right): Contains five horizontal lines for notes.
- Vegetables** (Bottom Left): Contains five horizontal lines for notes.
- Protein** (Bottom Right): Contains five horizontal lines for notes.

A small inset circle, also with an orange border, is located in the top right corner, overlapping the 'Grains' and 'Protein' sections. It is labeled **Dairy** and contains one horizontal line for notes.

Est. Calories:

Sodium (mg):

**END OF THE DAY REFLECTION**

**Mood:** \_\_\_\_\_ **Energy levels:** \_\_\_\_\_ **Satisfaction:** \_\_\_\_\_

**Mood:**

### Energy levels:

**Satisfaction:**

***"Nourishment is empowerment."***



























## DAILY LOG

**Date:** \_\_\_\_\_

*Each cup 8oz*

**Water Intake:**



## Dinner

The diagram illustrates the MyPlate food guide. It consists of a large circle divided into four equal quadrants by a vertical and a horizontal line. The quadrants are labeled as follows:

- Fruits** (top-left quadrant)
- Grains** (top-right quadrant)
- Vegetables** (bottom-left quadrant)
- Protein** (bottom-right quadrant)

Each quadrant contains several horizontal lines, suggesting a template for drawing or writing. To the right of the main circle, there is a smaller circle labeled **Dairy**, which also contains horizontal lines. The entire diagram is set against a light gray background.

Est. Calories:

Sodium (mg):

## Snacks

The diagram is a large circle with an orange border, divided into four equal quadrants by a vertical and a horizontal line. The quadrants are labeled as follows:

- Fruits** (Top Left): Contains five horizontal lines for notes.
- Grains** (Top Right): Contains five horizontal lines for notes.
- Vegetables** (Bottom Left): Contains five horizontal lines for notes.
- Protein** (Bottom Right): Contains five horizontal lines for notes.

A small inset circle, also with an orange border, is located in the top right corner, overlapping the 'Grains' and 'Protein' sections. It is labeled **Dairy** and contains one horizontal line for notes.

Est. Calories:

Sodium (mg):

**END OF THE DAY REFLECTION**

**Mood:** \_\_\_\_\_ **Energy levels:** \_\_\_\_\_ **Satisfaction:** \_\_\_\_\_

**Mood:**

### Energy levels:

**Satisfaction:**

***"Nourishment is self-kindness."***











## DAILY LOG

**Date:** \_\_\_\_\_

*Each cup 8oz*

**Water Intake:**



## Dinner

The diagram illustrates the MyPlate food guide. It consists of a large circle divided into four equal quadrants by a vertical and a horizontal line. The quadrants are labeled as follows:

- Fruits** (top-left quadrant)
- Grains** (top-right quadrant)
- Vegetables** (bottom-left quadrant)
- Protein** (bottom-right quadrant)

Each quadrant contains several horizontal lines, suggesting a template for drawing or writing. To the right of the main circle, there is a smaller circle labeled **Dairy**, which also contains horizontal lines.

Est. Calories:

Sodium (mg):

## Snacks

The diagram is a large circle with an orange border, divided into four equal quadrants by a vertical and a horizontal line. The quadrants are labeled as follows:

- Fruits** (Top Left): Contains five horizontal lines for notes.
- Grains** (Top Right): Contains five horizontal lines for notes.
- Vegetables** (Bottom Left): Contains five horizontal lines for notes.
- Protein** (Bottom Right): Contains five horizontal lines for notes.

A small inset circle, also with an orange border, is located in the top right corner, overlapping the 'Grains' and 'Protein' sections. It is labeled **Dairy** and contains one horizontal line for notes.

Est. Calories:

Sodium (mg):

**END OF THE DAY REFLECTION**

**Mood:** \_\_\_\_\_ **Energy levels:** \_\_\_\_\_ **Satisfaction:** \_\_\_\_\_

**Mood:**

### Energy levels:

**Satisfaction:**

***"Nourishment fuels creativity."***











## DAILY LOG

**Date:** \_\_\_\_\_

**Water Intake:** 

**Water Intake:**        



## Dinner

**Dinner**

Fruits	Grains

Vegetables	Protein

Dairy

Est. Calories:

Sodium (mg):

## Snacks

**Snacks**

Fruits	Grains

Vegetables	Protein

**Dairy**

Est. Calories:

Sodium (mg):

## END OF THE DAY REFLECTION

**Mood:**

**Energy levels:**

**Satisfaction:**

***"Food is nature's love letter."***























































## DAILY LOG

**Date:** \_\_\_\_\_

*Each cup 8oz*

**Water Intake:**        



# Dinner

The diagram is a circular food guide divided into four quadrants by a vertical line. The quadrants are labeled as follows:

- Fruits** (top-left quadrant): Contains 5 horizontal lines for food items.
- Grains** (top-right quadrant): Contains 5 horizontal lines for food items.
- Vegetables** (bottom-left quadrant): Contains 5 horizontal lines for food items.
- Protein** (bottom-right quadrant): Contains 5 horizontal lines for food items.

To the right of the main circle is a smaller circle labeled **Dairy**, which contains 1 horizontal line for food items.

Est. Calories:

Sodium (mg):

## Snacks

The diagram is a large circle with an orange border, divided into four equal quadrants by a vertical and a horizontal line. The quadrants are labeled as follows:

- Fruits** (Top Left): Contains five horizontal lines for notes.
- Grains** (Top Right): Contains five horizontal lines for notes.
- Vegetables** (Bottom Left): Contains five horizontal lines for notes.
- Protein** (Bottom Right): Contains five horizontal lines for notes.

A small inset circle, also with an orange border, is located in the top right corner, overlapping the 'Grains' and 'Protein' sections. It is labeled **Dairy** and contains one horizontal line for notes.

Est. Calories:

Sodium (mg):

END OF THE DAY REFLECTION

Mood:

Energy levels:

Satisfaction:

**Mood:**

### Energy levels:

**Satisfaction:**

***"Health is made in the everyday meals."***



















































## DAILY LOG

**Date:** \_\_\_\_\_

**Water Intake:** 

**Water Intake:**         



## Dinner

**Dinner**

Fruits	Grains

**Vegetables**

Vegetables	Protein

**Dairy**

Est. Calories:

Sodium (mg):

## Snacks

The diagram shows a circular plate divided into five main sections. The top-left section is labeled 'Fruits' and contains three horizontal lines. The top-right section is labeled 'Grains' and contains four horizontal lines. The bottom-left section is labeled 'Vegetables' and contains four horizontal lines. The bottom-right section is labeled 'Protein' and contains five horizontal lines. A separate circular inset on the right side of the plate is labeled 'Dairy' and contains one horizontal line.

Est. Calories:

Sodium (mg):

**END OF THE DAY REFLECTION**

**Mood:** \_\_\_\_\_ **Energy levels:** \_\_\_\_\_ **Satisfaction:** \_\_\_\_\_

**Mood:**

### Energy levels:

**Satisfaction:**

***"Wellness starts with mindful eating."***



## WHAT TYPE OF MOVEMENT DID YOU DO TODAY?

*(Check all that apply)*

- ☐ *Walking*
- ☐ *Jogging or Running*
- ☐ *Biking*
- ☐ *Stretching or Yoga*
- ☐ *Strength Training (weights, resistance bands)*
- ☐ *Dancing*
- ☐ *Swimming*
- ☐ *Sports (e.g., basketball, soccer)*
- ☐ *Exercise Video / Class*
- ☐ *Housework (vacuuming, cleaning, etc.)*
- ☐ *Other: \_\_\_\_\_*

*How many total minutes did you move today?*

---

*How did you feel after your movement?*

---

---

---

***Goal is 60 minutes of movement per day.***



## WHAT TYPE OF MOVEMENT DID YOU DO TODAY?

*(Check all that apply)*

- ☐ Walking
- ☐ Jogging or Running
- ☐ Biking
- ☐ Stretching or Yoga
- ☐ Strength Training (weights, resistance bands)
- ☐ Dancing
- ☐ Swimming
- ☐ Sports (e.g., basketball, soccer)
- ☐ Exercise Video / Class
- ☐ Housework (vacuuming, cleaning, etc.)
- ☐ Other: \_\_\_\_\_

*How many total minutes did you move today?*

---

*How did you feel after your movement?*

---

---

---

**Goal is 60 minutes of movement per day.**



## WHAT TYPE OF MOVEMENT DID YOU DO TODAY?

*(Check all that apply)*

- ☐ *Walking*
- ☐ *Jogging or Running*
- ☐ *Biking*
- ☐ *Stretching or Yoga*
- ☐ *Strength Training (weights, resistance bands)*
- ☐ *Dancing*
- ☐ *Swimming*
- ☐ *Sports (e.g., basketball, soccer)*
- ☐ *Exercise Video / Class*
- ☐ *Housework (vacuuming, cleaning, etc.)*
- ☐ *Other: \_\_\_\_\_*

*How many total minutes did you move today?*

---

*How did you feel after your movement?*

---

---

---

***Goal is 60 minutes of movement per day.***



## WHAT TYPE OF MOVEMENT DID YOU DO TODAY?

*(Check all that apply)*

- ☐ Walking
- ☐ Jogging or Running
- ☐ Biking
- ☐ Stretching or Yoga
- ☐ Strength Training (weights, resistance bands)
- ☐ Dancing
- ☐ Swimming
- ☐ Sports (e.g., basketball, soccer)
- ☐ Exercise Video / Class
- ☐ Housework (vacuuming, cleaning, etc.)
- ☐ Other: \_\_\_\_\_

*How many total minutes did you move today?*

---

*How did you feel after your movement?*

---

---

---

**Goal is 60 minutes of movement per day.**



## WHAT TYPE OF MOVEMENT DID YOU DO TODAY?

*(Check all that apply)*

- ☐ *Walking*
- ☐ *Jogging or Running*
- ☐ *Biking*
- ☐ *Stretching or Yoga*
- ☐ *Strength Training (weights, resistance bands)*
- ☐ *Dancing*
- ☐ *Swimming*
- ☐ *Sports (e.g., basketball, soccer)*
- ☐ *Exercise Video / Class*
- ☐ *Housework (vacuuming, cleaning, etc.)*
- ☐ *Other: \_\_\_\_\_*

*How many total minutes did you move today?*

---

*How did you feel after your movement?*

---

---

---

***Goal is 60 minutes of movement per day.***



## WHAT TYPE OF MOVEMENT DID YOU DO TODAY?

*(Check all that apply)*

- ☐ Walking
- ☐ Jogging or Running
- ☐ Biking
- ☐ Stretching or Yoga
- ☐ Strength Training (weights, resistance bands)
- ☐ Dancing
- ☐ Swimming
- ☐ Sports (e.g., basketball, soccer)
- ☐ Exercise Video / Class
- ☐ Housework (vacuuming, cleaning, etc.)
- ☐ Other: \_\_\_\_\_

*How many total minutes did you move today?*

---

*How did you feel after your movement?*

---

---

---

**Goal is 60 minutes of movement per day.**



## WHAT TYPE OF MOVEMENT DID YOU DO TODAY?

*(Check all that apply)*

- ☐ Walking
- ☐ Jogging or Running
- ☐ Biking
- ☐ Stretching or Yoga
- ☐ Strength Training (weights, resistance bands)
- ☐ Dancing
- ☐ Swimming
- ☐ Sports (e.g., basketball, soccer)
- ☐ Exercise Video / Class
- ☐ Housework (vacuuming, cleaning, etc.)
- ☐ Other: \_\_\_\_\_

*How many total minutes did you move today?*

---

*How did you feel after your movement?*

---

---

---

**Goal is 60 minutes of movement per day.**



## WHAT TYPE OF MOVEMENT DID YOU DO TODAY?

*(Check all that apply)*

- ☐ *Walking*
- ☐ *Jogging or Running*
- ☐ *Biking*
- ☐ *Stretching or Yoga*
- ☐ *Strength Training (weights, resistance bands)*
- ☐ *Dancing*
- ☐ *Swimming*
- ☐ *Sports (e.g., basketball, soccer)*
- ☐ *Exercise Video / Class*
- ☐ *Housework (vacuuming, cleaning, etc.)*
- ☐ *Other: \_\_\_\_\_*

*How many total minutes did you move today?*

---

*How did you feel after your movement?*

---

---

---

***Goal is 60 minutes of movement per day.***



## WHAT TYPE OF MOVEMENT DID YOU DO TODAY?

*(Check all that apply)*

- ☐ Walking
- ☐ Jogging or Running
- ☐ Biking
- ☐ Stretching or Yoga
- ☐ Strength Training (weights, resistance bands)
- ☐ Dancing
- ☐ Swimming
- ☐ Sports (e.g., basketball, soccer)
- ☐ Exercise Video / Class
- ☐ Housework (vacuuming, cleaning, etc.)
- ☐ Other: \_\_\_\_\_

*How many total minutes did you move today?*

---

*How did you feel after your movement?*

---

---

---

**Goal is 60 minutes of movement per day.**



## WHAT TYPE OF MOVEMENT DID YOU DO TODAY?

*(Check all that apply)*

- ☐ Walking
- ☐ Jogging or Running
- ☐ Biking
- ☐ Stretching or Yoga
- ☐ Strength Training (weights, resistance bands)
- ☐ Dancing
- ☐ Swimming
- ☐ Sports (e.g., basketball, soccer)
- ☐ Exercise Video / Class
- ☐ Housework (vacuuming, cleaning, etc.)
- ☐ Other: \_\_\_\_\_

*How many total minutes did you move today?*

---

*How did you feel after your movement?*

---

---

---

***Goal is 60 minutes of movement per day.***



## WHAT TYPE OF MOVEMENT DID YOU DO TODAY?

(Check all that apply)

- ☐ Walking
- ☐ Jogging or Running
- ☐ Biking
- ☐ Stretching or Yoga
- ☐ Strength Training (weights, resistance bands)
- ☐ Dancing
- ☐ Swimming
- ☐ Sports (e.g., basketball, soccer)
- ☐ Exercise Video / Class
- ☐ Housework (vacuuming, cleaning, etc.)
- ☐ Other: \_\_\_\_\_

How many total minutes did you move today?

---

How did you feel after your movement?

---

---

---

**Goal is 60 minutes of movement per day.**



## WHAT TYPE OF MOVEMENT DID YOU DO TODAY?

*(Check all that apply)*

- ☐ *Walking*
- ☐ *Jogging or Running*
- ☐ *Biking*
- ☐ *Stretching or Yoga*
- ☐ *Strength Training (weights, resistance bands)*
- ☐ *Dancing*
- ☐ *Swimming*
- ☐ *Sports (e.g., basketball, soccer)*
- ☐ *Exercise Video / Class*
- ☐ *Housework (vacuuming, cleaning, etc.)*
- ☐ *Other: \_\_\_\_\_*

*How many total minutes did you move today?*

---

*How did you feel after your movement?*

---

---

---

***Goal is 60 minutes of movement per day.***



## WHAT TYPE OF MOVEMENT DID YOU DO TODAY?

*(Check all that apply)*

- ☐ Walking
- ☐ Jogging or Running
- ☐ Biking
- ☐ Stretching or Yoga
- ☐ Strength Training (weights, resistance bands)
- ☐ Dancing
- ☐ Swimming
- ☐ Sports (e.g., basketball, soccer)
- ☐ Exercise Video / Class
- ☐ Housework (vacuuming, cleaning, etc.)
- ☐ Other: \_\_\_\_\_

*How many total minutes did you move today?*

---

*How did you feel after your movement?*

---

---

---

**Goal is 60 minutes of movement per day.**



## WHAT TYPE OF MOVEMENT DID YOU DO TODAY?

*(Check all that apply)*

- ☐ *Walking*
- ☐ *Jogging or Running*
- ☐ *Biking*
- ☐ *Stretching or Yoga*
- ☐ *Strength Training (weights, resistance bands)*
- ☐ *Dancing*
- ☐ *Swimming*
- ☐ *Sports (e.g., basketball, soccer)*
- ☐ *Exercise Video / Class*
- ☐ *Housework (vacuuming, cleaning, etc.)*
- ☐ *Other: \_\_\_\_\_*

*How many total minutes did you move today?*

---

*How did you feel after your movement?*

---

---

---

***Goal is 60 minutes of movement per day.***



## WHAT TYPE OF MOVEMENT DID YOU DO TODAY?

*(Check all that apply)*

- ☐ Walking
- ☐ Jogging or Running
- ☐ Biking
- ☐ Stretching or Yoga
- ☐ Strength Training (weights, resistance bands)
- ☐ Dancing
- ☐ Swimming
- ☐ Sports (e.g., basketball, soccer)
- ☐ Exercise Video / Class
- ☐ Housework (vacuuming, cleaning, etc.)
- ☐ Other: \_\_\_\_\_

*How many total minutes did you move today?*

---

*How did you feel after your movement?*

---

---

---

**Goal is 60 minutes of movement per day.**



## WHAT TYPE OF MOVEMENT DID YOU DO TODAY?

*(Check all that apply)*

- ☐ *Walking*
- ☐ *Jogging or Running*
- ☐ *Biking*
- ☐ *Stretching or Yoga*
- ☐ *Strength Training (weights, resistance bands)*
- ☐ *Dancing*
- ☐ *Swimming*
- ☐ *Sports (e.g., basketball, soccer)*
- ☐ *Exercise Video / Class*
- ☐ *Housework (vacuuming, cleaning, etc.)*
- ☐ *Other: \_\_\_\_\_*

*How many total minutes did you move today?*

---

*How did you feel after your movement?*

---

---

---

***Goal is 60 minutes of movement per day.***



## WHAT TYPE OF MOVEMENT DID YOU DO TODAY?

*(Check all that apply)*

- ☐ Walking
- ☐ Jogging or Running
- ☐ Biking
- ☐ Stretching or Yoga
- ☐ Strength Training (weights, resistance bands)
- ☐ Dancing
- ☐ Swimming
- ☐ Sports (e.g., basketball, soccer)
- ☐ Exercise Video / Class
- ☐ Housework (vacuuming, cleaning, etc.)
- ☐ Other: \_\_\_\_\_

*How many total minutes did you move today?*

---

*How did you feel after your movement?*

---

---

---

**Goal is 60 minutes of movement per day.**



## WHAT TYPE OF MOVEMENT DID YOU DO TODAY?

*(Check all that apply)*

- ☐ Walking
- ☐ Jogging or Running
- ☐ Biking
- ☐ Stretching or Yoga
- ☐ Strength Training (weights, resistance bands)
- ☐ Dancing
- ☐ Swimming
- ☐ Sports (e.g., basketball, soccer)
- ☐ Exercise Video / Class
- ☐ Housework (vacuuming, cleaning, etc.)
- ☐ Other: \_\_\_\_\_

*How many total minutes did you move today?*

---

*How did you feel after your movement?*

---

---

---

**Goal is 60 minutes of movement per day.**



## WHAT TYPE OF MOVEMENT DID YOU DO TODAY?

*(Check all that apply)*

- ☐ *Walking*
- ☐ *Jogging or Running*
- ☐ *Biking*
- ☐ *Stretching or Yoga*
- ☐ *Strength Training (weights, resistance bands)*
- ☐ *Dancing*
- ☐ *Swimming*
- ☐ *Sports (e.g., basketball, soccer)*
- ☐ *Exercise Video / Class*
- ☐ *Housework (vacuuming, cleaning, etc.)*
- ☐ *Other: \_\_\_\_\_*

*How many total minutes did you move today?*

---

*How did you feel after your movement?*

---

---

---

***Goal is 60 minutes of movement per day.***



## WHAT TYPE OF MOVEMENT DID YOU DO TODAY?

(Check all that apply)

- ☐ Walking
- ☐ Jogging or Running
- ☐ Biking
- ☐ Stretching or Yoga
- ☐ Strength Training (weights, resistance bands)
- ☐ Dancing
- ☐ Swimming
- ☐ Sports (e.g., basketball, soccer)
- ☐ Exercise Video / Class
- ☐ Housework (vacuuming, cleaning, etc.)
- ☐ Other: \_\_\_\_\_

How many total minutes did you move today?

---

How did you feel after your movement?

---

---

---

**Goal is 60 minutes of movement per day.**



## WHAT TYPE OF MOVEMENT DID YOU DO TODAY?

*(Check all that apply)*

- ☐ Walking
- ☐ Jogging or Running
- ☐ Biking
- ☐ Stretching or Yoga
- ☐ Strength Training (weights, resistance bands)
- ☐ Dancing
- ☐ Swimming
- ☐ Sports (e.g., basketball, soccer)
- ☐ Exercise Video / Class
- ☐ Housework (vacuuming, cleaning, etc.)
- ☐ Other: \_\_\_\_\_

*How many total minutes did you move today?*

---

*How did you feel after your movement?*

---

---

---

**Goal is 60 minutes of movement per day.**



## WHAT TYPE OF MOVEMENT DID YOU DO TODAY?

*(Check all that apply)*

- ☐ Walking
- ☐ Jogging or Running
- ☐ Biking
- ☐ Stretching or Yoga
- ☐ Strength Training (weights, resistance bands)
- ☐ Dancing
- ☐ Swimming
- ☐ Sports (e.g., basketball, soccer)
- ☐ Exercise Video / Class
- ☐ Housework (vacuuming, cleaning, etc.)
- ☐ Other: \_\_\_\_\_

*How many total minutes did you move today?*

---

*How did you feel after your movement?*

---

---

---

**Goal is 60 minutes of movement per day.**



## WHAT TYPE OF MOVEMENT DID YOU DO TODAY?

*(Check all that apply)*

- ☐ *Walking*
- ☐ *Jogging or Running*
- ☐ *Biking*
- ☐ *Stretching or Yoga*
- ☐ *Strength Training (weights, resistance bands)*
- ☐ *Dancing*
- ☐ *Swimming*
- ☐ *Sports (e.g., basketball, soccer)*
- ☐ *Exercise Video / Class*
- ☐ *Housework (vacuuming, cleaning, etc.)*
- ☐ *Other: \_\_\_\_\_*

*How many total minutes did you move today?*

---

*How did you feel after your movement?*

---

---

---

***Goal is 60 minutes of movement per day.***



## WHAT TYPE OF MOVEMENT DID YOU DO TODAY?

*(Check all that apply)*

- ☐ Walking
- ☐ Jogging or Running
- ☐ Biking
- ☐ Stretching or Yoga
- ☐ Strength Training (weights, resistance bands)
- ☐ Dancing
- ☐ Swimming
- ☐ Sports (e.g., basketball, soccer)
- ☐ Exercise Video / Class
- ☐ Housework (vacuuming, cleaning, etc.)
- ☐ Other: \_\_\_\_\_

*How many total minutes did you move today?*

---

*How did you feel after your movement?*

---

---

---

**Goal is 60 minutes of movement per day.**



## WHAT TYPE OF MOVEMENT DID YOU DO TODAY?

*(Check all that apply)*

- ☐ *Walking*
- ☐ *Jogging or Running*
- ☐ *Biking*
- ☐ *Stretching or Yoga*
- ☐ *Strength Training (weights, resistance bands)*
- ☐ *Dancing*
- ☐ *Swimming*
- ☐ *Sports (e.g., basketball, soccer)*
- ☐ *Exercise Video / Class*
- ☐ *Housework (vacuuming, cleaning, etc.)*
- ☐ *Other: \_\_\_\_\_*

*How many total minutes did you move today?*

---

*How did you feel after your movement?*

---

---

---

***Goal is 60 minutes of movement per day.***



## WHAT TYPE OF MOVEMENT DID YOU DO TODAY?

*(Check all that apply)*

- ☐ Walking
- ☐ Jogging or Running
- ☐ Biking
- ☐ Stretching or Yoga
- ☐ Strength Training (weights, resistance bands)
- ☐ Dancing
- ☐ Swimming
- ☐ Sports (e.g., basketball, soccer)
- ☐ Exercise Video / Class
- ☐ Housework (vacuuming, cleaning, etc.)
- ☐ Other: \_\_\_\_\_

*How many total minutes did you move today?*

---

*How did you feel after your movement?*

---

---

---

**Goal is 60 minutes of movement per day.**



## WHAT TYPE OF MOVEMENT DID YOU DO TODAY?

*(Check all that apply)*

- ☐ Walking
- ☐ Jogging or Running
- ☐ Biking
- ☐ Stretching or Yoga
- ☐ Strength Training (weights, resistance bands)
- ☐ Dancing
- ☐ Swimming
- ☐ Sports (e.g., basketball, soccer)
- ☐ Exercise Video / Class
- ☐ Housework (vacuuming, cleaning, etc.)
- ☐ Other: \_\_\_\_\_

*How many total minutes did you move today?*

---

*How did you feel after your movement?*

---

---

---

**Goal is 60 minutes of movement per day.**



## WHAT TYPE OF MOVEMENT DID YOU DO TODAY?

*(Check all that apply)*

- ☐ *Walking*
- ☐ *Jogging or Running*
- ☐ *Biking*
- ☐ *Stretching or Yoga*
- ☐ *Strength Training (weights, resistance bands)*
- ☐ *Dancing*
- ☐ *Swimming*
- ☐ *Sports (e.g., basketball, soccer)*
- ☐ *Exercise Video / Class*
- ☐ *Housework (vacuuming, cleaning, etc.)*
- ☐ *Other: \_\_\_\_\_*

*How many total minutes did you move today?*

---

*How did you feel after your movement?*

---

---

---

***Goal is 60 minutes of movement per day.***



## WHAT TYPE OF MOVEMENT DID YOU DO TODAY?

*(Check all that apply)*

- ☐ Walking
- ☐ Jogging or Running
- ☐ Biking
- ☐ Stretching or Yoga
- ☐ Strength Training (weights, resistance bands)
- ☐ Dancing
- ☐ Swimming
- ☐ Sports (e.g., basketball, soccer)
- ☐ Exercise Video / Class
- ☐ Housework (vacuuming, cleaning, etc.)
- ☐ Other: \_\_\_\_\_

*How many total minutes did you move today?*

---

*How did you feel after your movement?*

---

---

---

**Goal is 60 minutes of movement per day.**



## WHAT TYPE OF MOVEMENT DID YOU DO TODAY?

*(Check all that apply)*

- ☐ Walking
- ☐ Jogging or Running
- ☐ Biking
- ☐ Stretching or Yoga
- ☐ Strength Training (weights, resistance bands)
- ☐ Dancing
- ☐ Swimming
- ☐ Sports (e.g., basketball, soccer)
- ☐ Exercise Video / Class
- ☐ Housework (vacuuming, cleaning, etc.)
- ☐ Other: \_\_\_\_\_

*How many total minutes did you move today?*

---

*How did you feel after your movement?*

---

---

---

**Goal is 60 minutes of movement per day.**



## WHAT TYPE OF MOVEMENT DID YOU DO TODAY?

*(Check all that apply)*

- ☐ *Walking*
- ☐ *Jogging or Running*
- ☐ *Biking*
- ☐ *Stretching or Yoga*
- ☐ *Strength Training (weights, resistance bands)*
- ☐ *Dancing*
- ☐ *Swimming*
- ☐ *Sports (e.g., basketball, soccer)*
- ☐ *Exercise Video / Class*
- ☐ *Housework (vacuuming, cleaning, etc.)*
- ☐ *Other: \_\_\_\_\_*

*How many total minutes did you move today?*

---

*How did you feel after your movement?*

---

---

---

***Goal is 60 minutes of movement per day.***



## WHAT TYPE OF MOVEMENT DID YOU DO TODAY?

*(Check all that apply)*

- ☐ Walking
- ☐ Jogging or Running
- ☐ Biking
- ☐ Stretching or Yoga
- ☐ Strength Training (weights, resistance bands)
- ☐ Dancing
- ☐ Swimming
- ☐ Sports (e.g., basketball, soccer)
- ☐ Exercise Video / Class
- ☐ Housework (vacuuming, cleaning, etc.)
- ☐ Other: \_\_\_\_\_

*How many total minutes did you move today?*

---

*How did you feel after your movement?*

---

---

---

**Goal is 60 minutes of movement per day.**



## WHAT TYPE OF MOVEMENT DID YOU DO TODAY?

*(Check all that apply)*

- ☐ *Walking*
- ☐ *Jogging or Running*
- ☐ *Biking*
- ☐ *Stretching or Yoga*
- ☐ *Strength Training (weights, resistance bands)*
- ☐ *Dancing*
- ☐ *Swimming*
- ☐ *Sports (e.g., basketball, soccer)*
- ☐ *Exercise Video / Class*
- ☐ *Housework (vacuuming, cleaning, etc.)*
- ☐ *Other: \_\_\_\_\_*

*How many total minutes did you move today?*

---

*How did you feel after your movement?*

---

---

---

***Goal is 60 minutes of movement per day.***



## WHAT TYPE OF MOVEMENT DID YOU DO TODAY?

*(Check all that apply)*

- ☐ Walking
- ☐ Jogging or Running
- ☐ Biking
- ☐ Stretching or Yoga
- ☐ Strength Training (weights, resistance bands)
- ☐ Dancing
- ☐ Swimming
- ☐ Sports (e.g., basketball, soccer)
- ☐ Exercise Video / Class
- ☐ Housework (vacuuming, cleaning, etc.)
- ☐ Other: \_\_\_\_\_

*How many total minutes did you move today?*

---

*How did you feel after your movement?*

---

---

---

**Goal is 60 minutes of movement per day.**



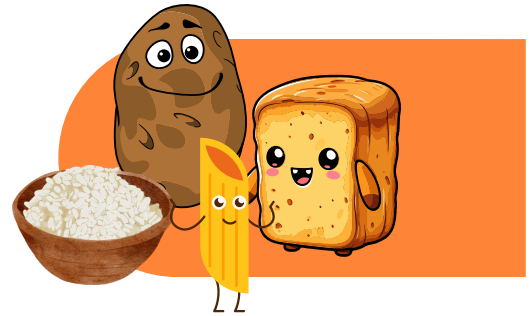
# WHAT ARE YOUR MACONUTRIENTS?

## What are macronutrients?

Macronutrients are the nutrients that our bodies need in big quantities to provide us with energy. These include your carbohydrates, protein, and fat.

### CARBOHYDRATES:

Carbohydrates are your body's primary fuel. It is recommended to be consuming 45-65% of your daily calories from carbs! They provide your body with energy, and enough fuel to build and repair itself. Your brain needs carbohydrates to function properly. The 2 types of carbs are simple and complex carbohydrates. Complex carbohydrates can provide the body with more vitamins, minerals, and fiber and help to regulate your blood sugar levels. While simple carbohydrates have less nutrients, and are absorbed quickly which can spike your blood sugar levels, giving you an energy crash. Some sources include oats, whole wheat pasta and bread, quinoa, cereal, potatoes, and granola.



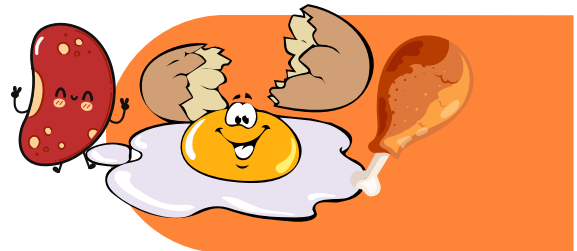
### FAT:

Fat is important for storing energy, insulating our bodies to keep us warm, and protecting our organs. It is recommended to be consuming 20-35% of your daily calories from fat! Fats are needed to help our bodies absorb vitamins & minerals. The 2 types of fats are unsaturated and saturated fats. Consuming more unsaturated fats than saturated fat can strengthen and protect our heart! Sources of unsaturated fat include fish such as salmon, mackerel, avocado, olive oil, nuts, seeds, and saturated fats such as steak, butter, and milk.



### PROTEIN:

Protein is important for building and repairing your muscles and bones so they can stay strong and feel great! It is recommended to be consuming 10-35% of your daily calories from protein! Protein helps with digesting your food, and regulating hormones to balance your mood. It helps keep our nails, skin and hair strong too. Some sources include chicken, eggs, beans, fish, tofu, beef, nuts, and dairy.





# BALANCED SNACKS

## WHAT SHOULD A BALANCED SNACK HAVE?

A snack is a mini-meal that you can eat between meals. A balanced snack is packed with nutrients like protein, fiber, vitamins, minerals, and healthy fats to give us energy to last throughout the day. A balanced snack is low in added sugar and salt, and has at least 2 of the 5 food groups.

### THE 5 FOOD GROUPS:



**FRUIT**



**VEGETABLES**



**WHOLE GRAINS**



**PROTEIN**



**DAIRY**

## SNACK PAIRINGS



1 yogurt cup (5oz) + fruit



5oz Trail mix with unsalted nuts + dried fruit



Sliced veggies + Ranch dip



Cheese + fruit + crackers



Hummus (4oz)+ veggies



2 hard boiled eggs + fruit



Fruit with nut butter



Beef jerky + fruit



2 cups popcorn + veggies



Energy bites (2) + fruit



5-6 oz chia pudding + fruit



Oatmeal with fruit

## HIDDEN INGREDIENTS IN SNACKS:

A lot of snacks that seem healthy may have hidden ingredients in them that aren't so good for us and our performance as athletes! Some ingredients include:

- **Added sugar:** Be mindful of the added sugar that may be found in granola bars, cereal, flavored yogurt, sports drinks, and juice.
- **Salt/sodium:** Be mindful of the amount of salt and sodium that can be found in trail mix, nuts, jerky, popcorn and crackers.



# BALANCED SNACKS



Hard boiled eggs (2) + 1 fruit



Plain Greek yogurt + berries + granola



Low-fat Cheese stick + whole grain crackers + berries



Hummus + veggies



Trail mix with low sodium + dried fruit with no added sugar + nuts/seeds with 1/2 cup of fruit



Overnight oats topped with fruit



Grapes + Granola



2 cups popcorn + 1 fruit



Rice cake + peanut butter + sliced bell peppers



Whole grain crackers + cheese + Cucumbers



Nutri Grain bar + fresh fruit



Peanut butter + low added sugar jelly/jam pinwheels on whole grain tortilla



# BALANCED SNACKS



5 Triscuits, 1 tbsp peanut butter + 1/2 an Orange



PB & J Rollup: 1 whole wheat tortilla, 1 tbsp peanut butter, 1 tbsp jam + 1 fruit



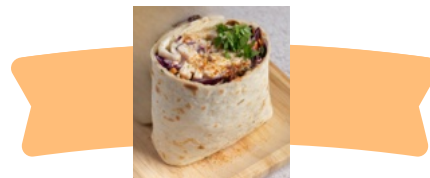
Oatmeal Bar + apple



5 Triscuits, 1 boiled egg, 1 cup fruit



1 cup frozen grapes + 1/4 cup of mixed nuts



1/2 chicken salad wrap



Low-fat Cheese stick + whole grain crackers + berries



Whole wheat toast with 2 tbsp peanut butter



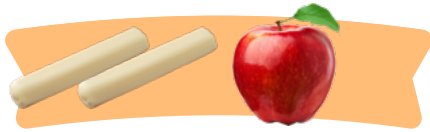
Bowl baby carrots with 1/2 cup hummus



Smoothie: 1 banana, 1 cup frozen strawberries, 3/4 cup yogurt, 1/4 cup milk



# BALANCED SNACKS



1 String Cheese + 1 Apple, or  
1 cup of fruit of choice



Handful of almonds + 1 pear



1/2 Cup Cottage cheese + 1  
Cup Fruit



1 cup of sliced veggies such as  
carrots, broccoli, bell peppers  
with 2 tbsp hummus



Smoothie with 1 cup low  
fat Milk, 1 cup of fruit +  
chia seeds



1/3 cup Oats in 1 cup Almond  
milk and 1/2 cup of fruit



1 Banana + 1 Tbsp Peanut Butter



1 Granola bar + 1 Cup of fruit



8 Wheat Thins + 1 Wedge of  
Light Laughing cow cheese  
+ 1 Cup Berries



1/2 Pita Bread + 2 Tbsp Hummus



1 cup of yogurt with granola and 1/2 cup fruit



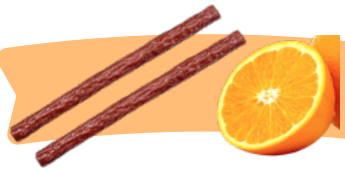
# BALANCED SNACKS



1 cup popcorn + 1 cup fruit



1 cup chia pudding + 1/4 cup fruit



Beef jerky stick + 1 orange



Cucumber spears + 1/4 cup guacamole



1 oz Lox + 2 tbsp cream cheese + mini bagel



1/2 cup of pretzels + 1 cup cheese



1/4 cup edamame, 1 fruit, 1/4 cup nuts or seeds



1 piece whole wheat toast + 1 tbsp peanut butter + 1/2 cup fruit



4 Dates stuffed with 1 tbsp peanut butter + 1 tbsp nuts



2 cubes of dark chocolate + 1/4 cup almonds



1 rice cake + 1/4 avocado + tomatoes + apple slices



# BALANCED SNACKS



8 whole grain crackers + corn salsa



2 graham crackers + 1/4 cup greek yogurt + 1 fruit



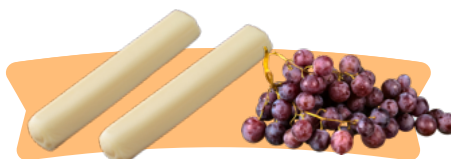
1 cup roasted chickpeas + sliced veggies of choice



1 cup tuna salad + chopped veggies



1/2 a whole wheat bagel + peanut butter + sliced apples



2 cheese sticks + 1 cup grapes



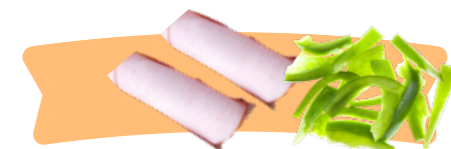
1/2 cup of chia pudding + 1 fruit of choice



1/4 cup feta cheese + 1 cup watermelon



A handful of almonds + 1 cup pomegranate



2 slices of turkey cold cuts + 1 cup of sliced veggies



1 cup popcorn + a handful of pistachios



# BALANCED SNACKS



1 Nutri Grain bar + Pumpkin seeds



Baked apple slices w/ cinnamon + yogurt



1 frozen Kind bar + 1 cup fruit



Mini egg muffins with spinach & feta + fruit



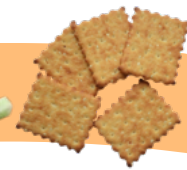
1 cup of cottage cheese + pineapple + pretzels



6-7 chocolate pretzels + fruit



2 Oat Protein Balls



Cucumber slices with cottage cheese and 5-6 whole-grain crackers



1 slice of whole grain toast + 1 pear + 1/4 cup ricotta cheese



Handful (10-12) of sweet potato chips + yogurt



4-5 mini Frozen banana bites



512-222-8203



info@livenourishedtoday.com



www.livenourishedtoday.com



# STORE BOUGHT SNACKS

For Adults



**Kirkland**  
Dried Mangoes



**Simply Fit**



**Bobos**  
Oat bites



**Hippeas**  
Chickpea puffs with  
vegan cheddar



**Chomps**  
Meat sticks



**That's It**  
Fruit Bar



**Barnana**  
Plantain chips with  
Himalayan pink salt



**Simple Mills**  
Almond flour chocolate  
Chip Cookies



**Saffron Road**  
Crunchy Chickpeas



**Seapoint Farms**  
Roasted Edamame



**TRUBAR**



**Bare**  
Baked apple crisps



**Bear Naked**  
High Protein Granola



**Go Raw**  
Flax snax, flax seed  
crackers



**Sargento**  
Low fat String  
Cheese



**Dave's Killer  
Bread**  
Snack Bars



**Sabra**  
Hummus and pretzel  
cups



**Harvest Snap**  
Snap Pea crisps



**All in one protein  
smoothie**  
Cheaper at Costco



# STORE BOUGHT SNACKS

For Adults



**Go Go Squeeze**  
Applesauce



**Siggi's**  
Coconut milk yogurt



**Skinny Pop**  
Popcorn



**Fuel**  
Protein balls



**Made in Nature**  
Dried apricots



**Dang**  
Coconut chips



**Pans**  
Mushroom jerky



**Whisps**  
Baked cheese crisps



**Ratio**  
Yogurt



**Oikos**  
triple zero



**Kate Hill**



**Mixed nuts**



**Quaker**  
Rice cakes, white cheddar, chocolate



**Mush**  
Overnight Oats



**Nurri Drink**  
Protein Drink



**Seven Sundays**  
Protein Oats



# STORE BOUGHT SNACKS



**Go raw**  
Sprouted pumpkin seeds



**Wholly guacamole**  
Classic Mini bowls (single serve)



**BEAR**  
Fruit rolls



**Once Upon a Farm**  
Smoothie



**Built Puff Bars**



**MUSH oatmeal**  
located at Costco



**Simple Mills**  
Cheddar crackers



**KiZE**  
Protein bars



**Popcorners**  
Kettlecorn chips



**Skinny Dipped**  
Dark chocolate almonds



**KIND**  
Mini bars



**Clio yogurt bars**  
located at Costco



**Justin's**  
Squeeze pack classic butter



**Blue Diamond**  
Almonds



**Yasso ice cream**

Located in most stores



**Legendary sweets**

Located at Target



# STORE BOUGHT SNACKS



**Good Culture**  
Cottage cheese



**Lesser Evil**  
Power Curls



**Sweet tooth?**  
Found at Target



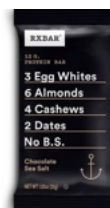
**Gourmet Nut**  
Protein Packed  
Trail Mix



**Good & Gather**  
Mexican Street  
Corn Trail Mix



**Brads**  
Crunchy Kale  
Chips



**RX**  
Protein bar,  
chocolate sea salt



**Mary's Organics**  
Classic Crackers



**Halo Top**  
Ice cream



**KIND**  
Frozen Treat bars



**Blue Diamond**  
Almond Nut-Thins



**Made in Nature**  
Figgy Pops Choco  
Crunch



# STORE BOUGHT SNACKS



**Once Upon a Farm**  
Organic Oat Bar



**Kellogg's Nutri Grain**  
Soft Baked Breakfast Bar



**Kirkland**  
Protein Bar



**Quest**  
Protein Chips



**Think!**  
High Protein Bars



**Power Crunch**  
Protein Energy Bar



**Outshine**  
Fruit Bars



**Dewey's Bakery**  
Cranberry Orange Thin Cookie



**Pure organic**  
Layered Fruit Bars



**Chia Seeds**



**Organic**  
coconut rollers



**OLIPOP**  
SODA  
ALTERNATIVE



# STORE BOUGHT SNACKS



**KIRKLAND**  
Turkey Jerky



**Made Good**  
Chocolate chip  
granola minis



**Chobani**  
Complete protein  
yogurt drink



**Nutrait**  
Nut granola



**WILWAY**  
GRANOLA



**JOJO's**  
Dark Chocolate  
bites



**Alouette**  
Comes in multiple  
flavors



**PROTEIN20**  
PROTEIN INFUSED  
WATER



**1877**  
Mineral Water



**KIRKLAND**  
Roasted seaweed  
snacks



**FULFIL**  
PROTEIN BARS



**Favorite of the  
day**  
Nut butter



# STORE BOUGHT SNACKS



**Binggrae**  
Melona frozen  
dairy dessert bars



**Naked**  
Variety juice  
smoothie



**Deebee's**  
Super fruit freezie  
pops



**Rhythm**  
Cauliflower bites



**Sargento**  
Wheat thins +  
cheese snack pack



**Sargento**  
Ritz crackers +  
cheese



**Tru Fru**  
Frozen fresh  
chocolate  
strawberries



**KIRKLAND**  
Hummus single  
serve cups



**Quaker**  
Oatmeal squares  
(slightly high in sugar:  
Consume in  
moderation.)



**Raider farms**  
Dark sweet  
cherries



**KIRKLAND**  
Kombucha Ginger  
lemonade



# STORE BOUGHT SNACKS



**Orgain**  
Plant based  
protein shake



**KIRKLAND**  
Turkey Jerky



**Flock Chips**  
Super fruit freezie  
pops



**Made Good**  
Chocolate chip  
granola minis



**Chobani**  
Complete protein  
yogurt drink



**Navitas Organics**  
Power Snacks,  
Chocolate brownie



**Health Warrior**  
Chia Seed bar,  
dark chocolate



**WILDE Chips**



**KIRKLAND**  
Roasted seaweed  
snacks



**LOVE CORN**  
Sea salt corn



**Mid-day squares**  
Cookie dough  
superfood bar



**Cheese Wrap**  
Available at HEB  
and Walmart



**Biena**  
Chickpea snacks



**From the  
Ground Up**  
Cauliflower  
pretzel twists



512-222-8203



info@livenourishedtoday.com



www.livenourishedtoday.com



# PROTEIN

## WHAT IS PROTEIN?

Protein is important for building, growing, and repairing our tissues. It helps makes antibodies, produce hormones, and is used for energy metabolism. It is recommended to have 0.8 grams per kilogram or 10-35% for the general population. Protein can come from foods made from animals, or plants. Sources include meats, beans and legumes, fish, seafood, eggs, dairy, vegetables, nuts and seeds. The amount of protein that your body can absorb in one meal is a debated topic. To stimulate muscle protein synthesis, the range is 0.4-0.6 kg per meal spread throughout 4 meals. Since there are many functions of proteins, the protein would most likely not be excreted through the urine if you consumed more than 25 grams at once. For the general population, it's recommended to consume at least 20-25 grams of protein per meal.





# HOW TO SNEAK IN MORE PROTEIN THROUGH THE DAY!

Simple ways to boost your protein intake without overthinking it!

## BREAKFAST BOOSTERS



*Add eggs to your toast, oatmeal, or breakfast wrap  
(6g protein, 0g fiber per egg)*



*Stir in Greek yogurt or cottage cheese into your smoothie or oatmeal.*

*(15g protein, 0g fiber per ¾ cup)*



*Sprinkle chia seeds, hemp seeds, or flaxseeds on your cereal or yogurt.*

*(5g protein, 10g fiber per 2 tbsp chia seeds)*



*Add a spoonful of peanut butter to toast, fruit, or a smoothie.*

*(4g protein, 1g fiber per tbsp)*



# HOW TO SNEAK IN MORE PROTEIN THROUGH THE DAY!

Simple ways to boost your protein intake without overthinking it!

## LUNCH & DINNER PROTEIN HACKS



*Add beans or chickpeas to soups, salads, pasta, or grain bowls.*  
(7g protein, 6g fiber per ½ cup)



*Toss tofu or tempeh into stir-fries, salads, or wraps.*  
(10g protein, 1g fiber per 3oz tofu)



*Sprinkle cheese on top of dishes like roasted veggies or sandwiches.*  
(7g protein, 0g fiber per 1oz cheese)



*Choose lean meats, fish, or chicken as a main ingredient.*  
(25g protein, 0g fiber per 3oz chicken breast)



*Swap white rice for quinoa for an extra protein punch.*  
(8g protein, 5g fiber per 1 cup cooked)



# HOW TO SNEAK IN MORE PROTEIN THROUGH THE DAY!

Simple ways to boost your protein intake without overthinking it!

## SNACK SMARTER



*Pair apple slices with almond or peanut butter for a filling snack.*

*6g protein, 4g fiber per apple with 1 tbsp nut butter)*



*Grab a cheese stick or Greek yogurt for quick protein.*

*(7g protein, 0g fiber per cheese stick)*



*Blend a protein smoothie with milk, yogurt, and seeds.*

*(Varies, ~20g protein, 3g fiber per serving)*



*Try a handful of nuts and dark chocolate for a nutrient-packed snack.*

*(6g protein, 3g fiber per 1oz almonds with dark chocolate)*



# HOW TO SNEAK IN MORE PROTEIN THROUGH THE DAY!

Simple ways to boost your protein intake without overthinking it!

## EASY SWAPS FOR MORE PROTEIN



*Milk → Protein-fortified milk or soy milk*

*(8g protein, 1g fiber per cup)*



*Regular pasta → Chickpea or lentil pasta*

*(13g protein, 6g fiber per 2oz serving)*



*Crackers → Whole-grain crackers with hummus*

*(6g protein, 3g fiber per cup)*



*Mashed potatoes → Mashed cauliflower with Greek yogurt*

*(6g protein, 3g fiber per cup)*



# DIETITIAN APPROVED PROTEIN POWDERS

*No gums, fillers, natural flavors, & third-party tested.*



512-222-8203 [info@livenourishedtoday.com](mailto:info@livenourishedtoday.com) [www.livenourishedtoday.com](http://www.livenourishedtoday.com)



# CARBS

## WHAT IS A CARB?

Carbohydrates are a vital source of energy for the body, fueling brain function, physical activity, and overall metabolism. Choosing whole grain carbohydrates provides additional benefits, as they are rich in fiber, vitamins, and minerals that support digestion, heart health, and blood sugar regulation. It is recommended that carbohydrates make up 45-65% of total daily calories, with a focus on whole, unprocessed sources. Whole grain carbohydrates can be found in foods such as whole wheat bread, brown rice, quinoa, oats, barley, and whole grain pasta. Unlike refined grains, whole grains contain all parts of the grain—the bran, germ, and endosperm—offering sustained energy and promoting satiety. Fiber from whole grains also supports gut health and helps manage cholesterol levels. For optimal energy and nutrient intake, it is recommended to include a variety of whole grain carbohydrates in each meal, ensuring a balanced and sustainable diet.





# WHAT DOES 1 SERVING OF CARBS LOOK LIKE?



1/2 bagel



1/2 cup  
cooked rice/  
quinoa



1 Small  
Potato or  
1 / 2 LG Potato



1 TORTILLA



3/4 cup  
cooked pasta



2 corn  
tortillas



# WHAT DOES 1 SERVING OF CARBS LOOK LIKE?



1 FULL



1 FULL



1 FULL



3/4 cup



2 tortillas



1/2 cup cooked



512-222-8203



info@livenourishedtoday.com



www.livenourishedtoday.com



# TOP BREAD CHOICES



- ***High protein***
- ***Less Added Sugar***
- ***High Fiber***
- ***Gut Friendly***





# DIETITIAN APPROVED COFFEE CREAMERS

- Gum free
- Seed oil free
- Less added sugars





# FAT

## WHY IS FAT IMPORTANT FOR US?

Fat is needed to provide our bodies with enough energy, helping to insulate the body and protect our organs. It is recommended to have 20-35% of our total calories to come from fat, but only 10% to come from saturated fats. The two kinds of fats are saturated and unsaturated fat. Saturated fats can contribute to plaque buildup in the arteries and can lead to high cholesterol. Saturated fats are typically solid at room temperature, and come from animals. Unsaturated fats help protect our heart, regulate our cholesterol levels, is anti-inflammatory and is important for our brain health. Unsaturated fats are typically liquid at room temperature and come from plants.

### UNSATURATED FATS:



Sources of unsaturated fats include fatty fish, nuts, seeds, olive and avocado oil, and nut butters

Sources of saturated fats include pork, processed meats, pastries, full fat dairy, butter, ghee, & fried foods. Saturated fat consumption should be limited

### SATURATED FATS





# THE IMPORTANCE OF FIBER

**Fiber is a type of carbohydrate** that your body can't digest, but it plays a powerful role in your health. It helps keep your digestion on track, supports heart health, and keeps you feeling full longer—**making it easier to maintain balanced eating habits.**

## *FIBER IS NATURALLY FOUND IN:*

**Fruits**  
(e.g., apples, berries, pears)



**Vegetables**  
(e.g., broccoli, carrots, leafy greens)



**Whole grains**  
(e.g., brown rice, oats, whole wheat bread)



These are all key food groups in the MyPlate method, which encourages you to fill your plate with a variety of nutrient-rich foods—many of which are excellent sources of fiber.

**Aim to include fiber-rich foods at every meal to support energy, digestion, and long-term wellness.**



# ALL ABOUT FIBER

## WHAT IS FIBER? WHERE IS IT FOUND?

Fiber is a type of indigestible carbohydrate, that is found in plants such as fruits, vegetables, whole grains, legumes, nuts and seeds. The 2 types of fiber are soluble and insoluble and they benefit us in different ways.

## RECOMMENDED INTAKE:

It is recommended to consume 14 grams for every 1,000 calories we eat. It's recommended to consume **21-25 grams** per day for **women**, and **30-38 grams** per day for **men**.

### SOLUBLE FIBER

- Helps decrease LDL cholesterol, also known as the "bad" cholesterol, by acting as a sponge that binds to the cholesterol and fat in your food.
- May help to lower blood pressure
- Helps with diarrhea because it helps to absorb water
- Helps control blood sugar levels, which can help reduce the risk of diabetes.
- Helps to slow digestion, preventing spikes in blood glucose levels and keeping you satisfied for longer.
- **Oats, quinoa, barley, brown rice, popcorn**
- **Avocado, broccoli, carrots, green beans, kale, sweet potato, brussels sprouts, spinach**
- **Apples, bananas, berries, oranges, pears, bananas**
- **Black beans, peas, lentils, peas, Chickpeas**
- **Almonds, chia seeds, peanuts, pumpkin seeds, flaxseeds**

### INSOLUBLE FIBER

- Does not absorb water but adds bulk to your stool by pulling in water to your stool, making it softer and easier to pass with less strain.
- Helpful for constipation.
- May lower the risk of colorectal cancer by eliminating waste.
- **Quinoa, sweet potatoes, wheat bran, brown rice, amaranth**
- **Cauliflower, Brussels sprouts, green peas, spinach, kale, carrots, asparagus, cabbage, bell peppers**
- **Raspberries, figs, blackberries, apples, pear, strawberries, oranges.**
- **Lentils, pinto beans, soybeans, kidney beans**
- **Almonds, pine nuts, pistachios, peanuts, sesame seeds, sunflower seeds**
- **NOTE: Lots of the insoluble fiber come from the seeds and skins of fruit. You won't get as much insoluble fiber if you peel the skin.**

## TIPS TO INCORPORATE MORE FIBER DAILY

- Incorporate veggies into each meal, and eat them first.
- Opt for whole grains, for example instead of white bread/pasta try whole grain pasta/bread.
- Snack on fruit, nuts and seeds or beans such as crunchy chickpeas.
- Add fruits and veggies as toppings for example, add berries on top of oatmeal or cereal, or add veggies to your pasta sauce.
- Be mindful of the nutrition facts label if you don't know where to start.
- Avoid peeling the skins of fruits and veggies, this adds more fiber and nutrients.

When looking at the nutrition facts label, **2.5 grams** of fiber per serving is considered a **good** source of fiber while **5+ grams** of fiber is considered **high and recommended**

## Nutrition Facts

Serving Size 100 g	
Amount Per Serving	
Calories 250	Calories from fat 10
% Daily Value*	
<b>Total Fat</b> 4%	4%
Saturated Fat 1.5%	4%
Trans Fat	
<b>Cholesterol</b> 50mg	28%
<b>Sodium</b> 150mg	15%
<b>Total Carbohydrate</b> 10g	3%
<b>Dietary Fiber</b> 5g	
Sugars 3g	
<b>Protein</b> 16%	
<b>Vitamin A</b> 1%	<b>Vitamin C</b> 3%
<b>Calcium</b> 2%	<b>Iron</b> 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



# FOODS WITH FIBER CHEAT SHEET



## **1 CUP OATMEAL (Rolled oats)**

16 grams of fiber



## **1 CUP BROWN RICE**

3.5 grams of fiber



## **1 CUP BARLEY**

32 grams of fiber



## **1 CUP QUINOA**

5 grams of fiber



## **1 CUP POPCORN**

3.5 grams of fiber



## **1/2 AVOCADO**

4.5 grams of fiber



## **1 CUP BROCCOLI**

2.5 grams of fiber



## **1 CUP CARROTS**

3 grams of fiber



## **1 SWEET POTATO**

6 grams of fiber



## **1 APPLE**

4.5 grams of fiber



## **1 BANANA**

3 grams of fiber



## **1 PEAR**

6 grams of fiber



## **1/2 CUP BLACK BEANS**

7.5 grams of fiber



## **1 CUP LENTILS**

16 grams of fiber



## **1 TBSP CHIA SEEDS**

4 grams of fiber



## **1/2 CUP CHICKPEAS**

17.5 grams of fiber



## **1 HANDFUL OF ALMONDS**

17.5 grams of fiber



# FOODS WITH FIBER CHEAT SHEET



**1 CUP RASPBERRIES**  
8g of fiber



**1 MEDIUM ARTICHOKE**  
7g of fiber



**1 CUP GREEN PEAS**  
9g of fiber



**1 CUP BLACKBERRIES**  
8g of fiber



**1 CUP STRAWBERRIES**  
3g of fiber



**1 MEDIUM FIG**  
(fresh)  
1.5g of fiber



**1 CUP RAISINS**  
5g of fiber



**1 CUP SPINACH**  
(cooked)  
4g of fiber



**1 CUP BRUSSELS SPROUTS**  
(cooked)  
6g of fiber



**1 CUP BEETS**  
(cooked)  
4g of fiber



**1 CUP CORN**  
(cooked)  
4g of fiber



**1 MEDIUM BAKED POTATO**  
(with skin)  
4g of fiber



**1 CUP FARRO**  
(cooked)  
5g of fiber



**1 OZ SUNFLOWER SEEDS**  
3g of fiber



# FOODS WITH FIBER CHEAT SHEET



## 1 OZ PISTACHIOS

3g fiber



## 1 OZ PUMPKIN SEEDS

2g of fiber



## 1 CUP POMEGRANATE SEEDS

7g of fiber



## 1 CUP SWISS CHARD

(cooked)

4g of fiber



## 1 CUP TURNIP GREENS

(cooked)

5g of fiber



## 1 CUP ZUCCHINI

(cooked)

2.5g of fiber



## 1 CUP ASPARAGUS

(cooked)

3.5g of fiber



## 1 CUP CAULIFLOWER

(cooked)

3.5g of fiber



## 1 MEDIUM PERSIMMON

6g of fiber



## 1 CUP DATES

(chopped)

12g of fiber



## 1 CUP SHREDDED COCONUT

(unsweetened)

7g of fiber



## 1 CUP DARK CHOCOLATE

(70-85% cocoa)

11g of fiber



## 1 CUP DRIED APRICOTS

9g of fiber



## 1 MEDIUM MANGO

5g of fiber



# FOODS WITH PROTEIN CHEAT SHEET



## **4 oz cooked chicken breast**

35 grams of protein



## **4 oz salmon**

30 grams of protein



## **4 oz cooked shrimp**

25 grams of protein



## **4 oz of canned tuna**

20 grams of protein



## **4 oz pork tenderloin**

30 grams of protein



## **1 cup plain greek yogurt**

25 grams of protein



## **1/2 cup cottage cheese**

13 grams of protein



## **4 oz firm tofu**

13 grams of protein



## **8oz Fairlife milk**

13 grams of protein



## **1/4 cup Hemp seeds**

15 grams of protein



## **1 tbsp peanut butter**

5 grams of protein



## **1/4 cup chia seeds**

10 grams of protein



## **1/2 CUP BLACK BEANS**

7.5 grams of protein



## **1 CUP LENTILS**

18 grams of protein



## **1 cup peeled edamame**

18 grams of protein



## **1/2 CUP CHICKPEAS**

8 grams of protein



## **1/2 cup almonds**

15 grams of protein



# FOODS WITH FIBER CHEAT SHEET



## 1 OZ PISTACHIOS

3g fiber



## 1 OZ PUMPKIN SEEDS

2g of fiber



## 1 CUP POMEGRANATE SEEDS

7g of fiber



## 1 CUP SWISS CHARD

(cooked)

4g of fiber



## 1 CUP TURNIP GREENS

(cooked)

5g of fiber



## 1 CUP ZUCCHINI

(cooked)

2.5g of fiber



## 1 CUP ASPARAGUS

(cooked)

3.5g of fiber



## 1 CUP CAULIFLOWER

(cooked)

3.5g of fiber



## 1 MEDIUM PERSIMMON

6g of fiber



## 1 CUP DATES

(chopped)

12g of fiber



## 1 CUP SHREDDED COCONUT

(unsweetened)

7g of fiber



## 1 CUP DARK CHOCOLATE

(70-85% cocoa)

11g of fiber



## 1 CUP DRIED APRICOTS

9g of fiber



## 1 MEDIUM MANGO

5g of fiber



# FOODS WITH PROTEIN CHEAT SHEET



**4 oz cooked chicken breast**

35 grams of protein



**4 oz salmon**

30 grams of protein



**4 oz cooked shrimp**

25 grams of protein



**4 oz of canned tuna**

20 grams of protein



**4 oz pork tenderloin**

30 grams of protein



**1 cup plain greek yogurt**

25 grams of protein



**1/2 cup cottage cheese**

13 grams of protein



**4 oz firm tofu**

13 grams of protein



**8oz Fairlife milk**

13 grams of protein



**1/4 cup Hemp seeds**

15 grams of protein



**1 tbsp peanut butter**

5 grams of protein



**1/4 cup chia seeds**

10 grams of protein



**1/2 CUP BLACK BEANS**

7.5 grams of protein



**1 CUP LENTILS**

18 grams of protein



**1 cup peeled edamame**

18 grams of protein



**1/2 CUP CHICKPEAS**

8 grams of protein



**1/2 cup almonds**

15 grams of protein



# *SILVER HILLS VS. DAVE'S KILLER BREAD VS. EZEKIEL BREAD – WHICH ONE IS BEST?*

***For best digestibility → Ezekiel or Silver Hills***  
*(both sprouted, but Silver Hills is softer)*

***For highest protein → Silver Hills or Ezekiel***  
*(both sprouted, but Silver Hills is softer)*

***For softest texture → Silver Hills or Dave's Killer Bread***  
*(Ezekiel is denser)*

***For no added sugar → Ezekiel or select Silver Hills varieties.***

***For variety & taste → Dave's Killer Bread***  
*(more options with seeds and flavors)*



# WHY CHOOSE GRASS-FED BUTTER?

## ***Higher in Vitamins A, D, E & K***

*Supports heart health & reduces inflammation.*

## ***Better for Digestion***

*Contains butyrate, which supports gut health.*

## ***More Nutrient-Dense***

*Grass-fed cows produce butter with a richer nutrient profile.*

## ***Better for the Environment***

*Supports sustainable farming & animal welfare.*



215  
PAGES

# WHAT'S INSIDE?



ALSO  
AVAILABLE

