

NourishedBoss.

Simplify for Success



This is for you if you want to eat well,
but...

You want fast & efficient ways to get
nutrients into your body.

I honestly fought with this A LOT.. being
a nutritionist, valuing my health.. and yet
I really don't want to spend my Sunday
meal prepping or making pinterest
worthy plates.

If you love being creative in the kitchen,
by all means skip this part!

Simplify for Success

Make The Kitchen Easier:

Get organized in the kitchen. Making food is SO much less of a task when you have things organized in a way that is easy to pull ingredients out and put them away. Get rid of the things you really don't need and are just taking up space.

I recently picked up some baskets from amazon <https://a.co/d/7UrG9RL> and organized nut butters, trail mixes, and other oatmeal type toppings. In another basket I have savory items and canned beans. Then another has snack bars and running fuel. I plan to get more so that I can group together the items that I commonly pull out to use together for things like baking, spices and oils, supplements, and so on!

This organization is a HUGE game changer for making simple meals even easier.

Most of the recipes that I provided in the guides are super quick and easy, however the list below takes it further for those of you who need a quick list to just jot things down and get to it for the week.

Breakfast ideas:

- overnight oats with nuts and fruit
- instant packet oats like Qia by Nature's Path (add a 1/2 scoop of protein powder for extra energy)
- toasted sprouted grain or whole grain gluten free bread with nut butter and some thawed from frozen berries/ fresh berries or a banana.
- a quick smoothie of milk of your choice, frozen fruit, and superfood shake or protein powder
- scramble 1 or 2 eggs and pop some toast or corn tortillas in the toaster while your coffee is brewing, this takes like 4 mins and you have a breakfast sandwich
- yogurt, walnuts, berries and/or banana

Lunch/Dinner ideas:

- Kale Salad mix and add one of: leftover chicken, eggs, black beans, chickpeas, tuna, tempeh or tofu.
- Make simple bento boxes with cheese, nitrate free meat, whole grain crackers, chopped veggies, and a piece of fruit.
- Pre-made soups like Thai chicken noodle and crackers or toast
- Gluten free or whole grain pasta with some already cooked chicken and veggies, top it with pesto! This takes like 20 mins tops and you can make enough for another day!
- If you're on the road - grab the hard-boiled egg protein box from Starbucks or their chicken and veggies box. Hardboiled eggs are something you could also make once a week to grab & go.
- Eggs, sauteed kale, rice or quiona or toast.
- Snack plates with fresh veggies, olives, crackers, goat cheese, grapes and apple slices, hummus.