

Back to School Back to Routine





The end of summer is upon us! Soon the kids will be back to school... and we will be back to our routine. Even if you don't have kids, summer can certainly put a damper on any routine you had before. There are so many things going on! But once all the fun in the sun is over, it's time to get back on the wagon.

Did you know that during the holidays, people gain on average 8 lbs.?? Starting now will ensure that you can stay on track during the holidays so that you can achieve your goals.

We also want to set good examples for our children. Learning healthy habits early is critical for them to be able to continue those habits into adulthood. Make healthy eating fun and make exercise fun! Make sure your child gets enough sleep every night, has a good breakfast before school, is drinking enough water, limiting sugar and being active!

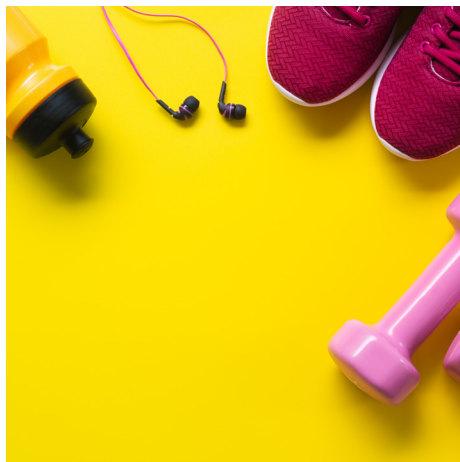


How Eating Healthy Can Make You a Better Parent

We all want our children to grow up to be independent, healthy adults. This starts with childhood. Learning healthy habits early is critical for them to be able to continue into adulthood. Children are like sponges; they absorb everything they see. If they see you eating healthy, they will eat healthy as well. If they see you exercising and being active, they will want to do the same thing. You can also educate your child on food additives, preservatives and dyes that can cause harm to our bodies. Involve your child in grocery shopping, even teach them how to read labels if they are old enough and include them in cooking as well. Make it fun!

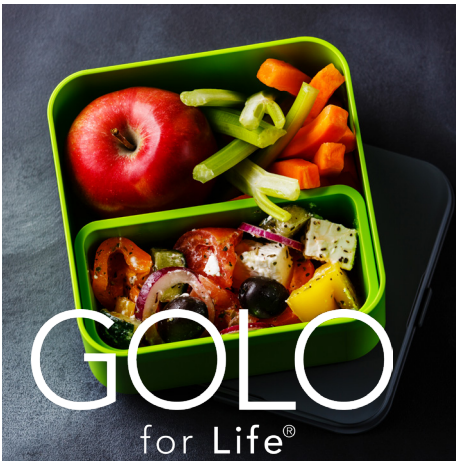
On the other hand, eating healthy is also a form of self-care. In fact, it is the ultimate way to care for you. If you feel good and have energy then you will not only be able to do more for your children but WITH them!

This doesn't mean that you can't ever indulge or that you have to be a "crunchy mom" but set a good example and prove to yourself that you can make a positive change in your life when it comes to food. We all want to be the best we can be and eating healthy doesn't just give you a better quality of life, it gives your children one too.



Exercise Tips

- Wake up before getting your kids up for school and exercise! That way, you don't have to worry about exercising after a long day.
- If you have a child that does sports, take a walk while they are at practice.
- Take a walk after your kids get picked up at the bus stop.
- Find an accountability partner- exercise with one of the other moms you see at the school drop off.
- Play WITH your kids- go outside after dinner and kick a soccer ball around or play catch.



Healthy Fall Lunches

The fall season tends to become very busy with back to school, sports, after school activities, lessons, etc. It's important to not skip meals, even if you are extremely busy going back and forth. Limited time is not an excuse to give your kids (or yourself) whatever is convenient. There are plenty of easy foods that can be added to school lunch packs or taken on the go for a quick grab and go meal!

Here are some tips:

- Buy convenience foods- no, we don't mean fast or processed foods, but rather pre-cut fruit and veggies, cheese sticks, hummus, pre-boiled eggs and tuna packs just to name a few.
- Make your own granola using rolled oats, raw nuts and coconut oil – use this with yogurt & fruit to make your own parfait.
- Make a batch of chicken salad and serve with healthy crackers and fruit.
- DIY lunchable – diced roasted chicken, crackers, fruit & applesauce.
- Make your own ranch dressing with Greek yogurt & spices. Pair this with diced cucumbers, carrots or any other crunchy veggie for a healthy side.
- Mini cheese tray – diced cheeses, crackers, grapes, strawberries & baby carrots.
- Taco Bowl – use left over taco meat, add beans, lettuce, cherry tomatoes, cheese and salsa! Yum!

Recipes



Apple Cinnamon Overnight Oats

Makes: 1 Serving

Each serving contains:

Protein - 2 Vegetable - 0
 Carb - 2 Fat - 1

Ingredients

- ¼ Cup Oatmeal
- ¼ Cup Milk (Whole or Almond)
- ¼ Cup Plain Greek Yogurt
- ½ Cup Apple, chopped
- 2 Tbsp Chia Seeds
- 1 tsp Butter, melted
- 1 tsp Honey
- Sprinkle of Cinnamon

Directions

1. Add all ingredients into a mason jar or other container and mix well.
2. Cover and refrigerate overnight.
3. Enjoy!

Banana Breakfast Bars

Makes: 12 bars

Serving Size: 1 bar

Each serving contains:

Protein - 0 Vegetable - 0
 Carb - 1 Fat - 0

Ingredients

- 2 Medium Bananas (preferably a little spotted and a little past their prime)
- ¼ Cup Coconut Oil (plus more for greasing)
- ¼ Cup Brown Sugar, packed
- 1 Large Egg
- ½ Cup Whole Wheat Flour
- ½ Cup Old Fashioned Oats
- 1 tsp Vanilla
- ½ tsp Salt
- ½ tsp Baking Soda

Directions

1. Preheat oven to 350 degrees F. Grease an 8 x 8 baking pan with Coconut Oil.
2. Place Banana in a large bowl and mash them until only small chunks remain. Stir in Coconut Oil and Brown Sugar. Add Egg, Vanilla and Salt and stir until combined. Stir in Baking Soda. Add Flour and Oats and stir until mixed.
3. Spread in prepared pan.
4. Bake for 18-22 minutes, until edges are brown, and center is firm.
5. Cool completely.
6. Cut into 12 bars.
7. Enjoy within 2 days or freeze for up to one month.

Mason Jar Fresh Mozzarella Salad

Makes: 2 Servings

Each serving contains:

Protein - 2 Vegetable - 2
Carb - 1 Fat - 1

Ingredients

- 4 Tbsp GOLO Dressing
- 1 Cup Grape Tomatoes
- 4oz Fresh Mozzarella Cheese
- 1 Cup Whole Wheat Pasta, cooked
- 3 Cups Baby Spinach

Ingredients - GOLO Dressing

- 1 Cup Water
- ¼ Cup Apple Cider Vinegar
- 1 Tbsp Garlic Salt (to taste)
- ¼ Cup Olive Oil

Directions - GOLO Dressing

1. Combine Water and Vinegar.
2. Add Garlic Salt to taste.
3. Add Olive Oil and whisk or shake to combine.

Directions

1. Divide ingredients evenly in 2 mason jars starting with the GOLO Dressing, then adding in this order: Tomatoes, Mozzarella Cheese, Pasta and Spinach.
2. Shake jar to coat ingredients in dressing and pour into bowls to eat.

Steak and Asparagus Quinoa Bowl

Makes: 3 Servings

Each serving contains:

Protein - 1 Vegetable - 2
Carb - 1 Fat - 1

Ingredients

- 1 ½ Cups Quinoa
- 3 Tbsp Olive Oil
- 9 oz Sirloin Steak, cut into bite size pieces
- ½ tsp Steak seasoning
- 2 Cups Yellow Onion, chopped
- 2 Cups Red Bell Pepper, chopped
- 2 Cups Asparagus, chopped
- 2 ½ Tbsp Tamari or Soy Sauce

Directions

1. Cook quinoa according to package directions. Meanwhile coat large skillet with 3 tbsp olive oil over medium-high heat.
2. Sprinkle beef with seasoning; add to skillet and cook 2-3 minutes. Add onions and bell peppers; cook 2-3 minutes more or until beef is browned, stirring occasionally. Add asparagus; cover and cook 3-4 minutes or until asparagus is hot.
3. Add soy sauce to cooked quinoa; stir gently to combine. Toss quinoa with beef mixture.

Pressure Cooker Beef and Broccoli

Makes: 5 Servings

Each serving contains:

Protein - 1 Vegetable - 1
Carb - 1 Fat - 0

Ingredients

- 1lb Chuck Roast or Flank Steak
- 1 ½ Tbsp Olive Oil
- ½ Cup Beef Broth
- 1 Tbsp Garlic
- 2 Tbsp Tamari or Soy Sauce
- ½ Tbsp Brown Sugar
- 4 Cups Broccoli
- 1 Cup Onion, Diced
- ½ Tsp Ground Ginger
- 1 Tbsp Corn Starch
- 2 ½ Cups Cooked Brown Rice
 - (½ Cup with Each Serving)

Directions

1. Slice the meat against the grain in thin slices. Dice the onion and cut the broccoli. Have this prepped before starting.
2. In a medium bowl, combine the tamari (soy sauce), brown sugar, beef broth, garlic and ginger. Do not add the corn starch until the end.
3. Add this liquid mixture to the meat strips.
4. Add about 1½ Tbsp of Olive Oil to the pressure cooker and sauté the onions until they are translucent.
5. Add the meat combined with the liquid marinade to the cooker and set it on manual high pressure for 10 minutes. Then quick release the pressure value.
6. Carefully remove some of the hot juices, about an 1/8 Cup, and add 1 Tbsp of Corn Starch. Use a fork or a whisk to make sure the corn starch is well combined. You can even mix the corn starch with a little warm water first then put that mixture in the pressure cooker. This will thicken the juices.
7. Steam the broccoli. Drain the water and put broccoli in the pressure cooker with the meat. Mix until well combined. Serve over ½ cup brown rice.