



Health-Supporting Meals and Snacks Ideas

• UPON ARISING

- Water with lemon or lime juice

• BREAKFAST (sweet)

- Fresh fruit or berries
- Nut milk or yogurt
- Whole grains: quinoa, millet, oatmeal, or brown rice porridge
- Seeds of choice: flax, chia, hemp, sesame, poppy, sunflower, pumpkin
- Nuts of choice: almonds, walnuts, filberts, cashews, Brazil nuts, pecans
- Sweet spices: cinnamon, cardamom, ginger, carob, cloves, paprika
- Herbal tea: mint, chamomile, melissa, hibiscus, holy basil, burdock

• BREAKFAST (savory)

- Whole grains: quinoa, millet, oatmeal, or brown rice porridge
- Vegetables of choice: leafy greens, cruciferous, starchy, or root veggies
- Vegetable soup, broth, or smoothie
- Nut milk or yogurt
- Seeds of choice: flax, chia, hemp, sesame, poppy, sunflower, pumpkin
- Nuts of choice: almonds, walnuts, filberts, cashews, Brazil nuts, pecans
- Savory spices: turmeric, oregano, curry, cumin, coriander, ginger, cayenne
- Herbs: green onion, parsley, cilantro, chives, garlic, thyme, basil
- Nutritional yeast, seaweeds

• LUNCH and DINNER

- Vegetables of choice: leafy greens, cruciferous, starchy, or root veggies
- Salad, steamed, boiled, or baked vegetables
- Whole grain of choice: brown or wild rice, buckwheat, amaranth, quinoa,
- Beans, lentils, or animal protein (fish, egg, chicken, meat, dairy)
- Seeds of choice: flax, chia, hemp, sesame, poppy, sunflower, pumpkin
- Nuts of choice: almonds, walnuts, filberts, cashews, Brazil nuts, pecans
- Nutritional yeast, seaweeds, sauerkraut
- Dressing: lemon or lime juice, olive oil or avocado, savory spices, water
- Savory spices: turmeric, oregano, curry, cumin, coriander, ginger, cayenne
- Vegetable soup or miso broth
- Green tea

• SNACK (sweet)

- Fresh fruit or berries
- Seeds of choice: flax, chia, hemp, sesame, poppy, sunflower, pumpkin
- Nuts of choice: almonds, walnuts, filberts, cashews, Brazil nuts, pecans
- Nut milk or yogurt
- Smoothie
- Herbal tea
- Sweet spices: cinnamon, ginger, cardamom, paprika, carob, cloves

• SNACK (savory)

- Bean hummus, falafel, or tempeh
- Guacamole or salsa
- Seeds of choice: flax, chia, hemp, sesame, poppy, sunflower, pumpkin
- Nuts of choice: almonds, walnuts, filberts, cashews, Brazil nuts, pecans
- Nut or seed butter
- Whole-grain or flax crackers
- Whole grain pita bread or tortilla
- Vegetable soup or miso broth
- Veggie smoothie or juice
- Beet kvass or non-dairy kefir
- Nutritional yeast, seaweeds



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Health-Supporting Lifestyle Ideas

MEALTIMES:

- Keep a food journal
- Eat slowly
- Chew thoroughly
- Avoid distractions during meals and snacks
- Relax and stay peaceful during meals
- Enjoy your meal times
- Appreciate your food
- Eat until about 80% full
- Eat regular meals and snacks when feeling hungry
- Purchase organic or pesticide-free foods and beverages
- Focus on nutrient-dense, local, seasonal, whole foods
- Save leftovers for the next day
- Utilize reusable cutlery, containers, and napkins
- Use non-toxic cookware and utensils
- Take a short, relaxed walk after a meal



BETWEEN MEALTIMES:

- Maintain adequate hydration
- Make pure water a beverage of choice
- Have breaks for relaxation, fun, hobbies, arts, and crafts
- Stay physically active
- Sweat regularly
- Get adequate and restful sleep
- Plan your meals and snacks



GENERAL WELLBEING:

- Organize your daily activities
- Engage in regular self-care practices
- Maintain a positive and grateful attitude
- Count your blessings
- Create a wellness vision for the year
- Set 3-month goals
- Set weekly goals
- Develop a sense of meaning and purpose in life
- Keep a diary or journal
- Maintain positive and supportive social connections
- Communicate clearly
- Organize your finances
- Clarify your duties and responsibilities
- Create a schedule to support optimal work-life balance
- Practice stress-reducing activities (meditation, Yoga, deep breathing, visualization, spiritual practice)
- Maintain good posture
- Spend regular time outdoors and in nature
- Support someone in need - a person, an animal, a cause
- Get psycho-emotional support as needed



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Resources

Websites:

- Meal Planning 101. <https://www.eatingwell.com/article/290651/a-beginners-guide-to-meal-prep/>
- Healthy recipes. <https://www.eatingwell.com/recipes/>
- Healthy meal plans. <https://www.eatingwell.com/category/4286/meal-plans/>
- Healthy eating. <https://www.eatingwell.com/category/4306/healthy-eating-101/>
- Healthy lifestyle. <https://www.eatingwell.com/category/4318/eatingwell-in-real-life/>
- Healthy cooking. <https://www.eatingwell.com/category/4309/healthy-cooking-how-tos/>
- Food on a tight budget. <https://www.ewg.org/goodfood/>
- 100 days of real food. <https://www.100daysofrealfood.com/>
- He and She eat clean. <https://www.heandsheeatclean.com/recipes-all>
- Detoxinista. <https://detoxinista.com/recipes/>
- Fork over knives. <https://www.forksoverknives.com/recipes/vegan-menus-collections/30-minute-meals/>
- Nutrition Facts. https://nutritionfacts.org/?fbclid=IwAR1_5WMPzsM8aViAbf6bRFttcgE1aGIGT5x8SmzvORScsq8kTfZIOzWWCj4
- Healthline. <https://www.healthline.com/health/food-nutrition>
- American Cancer Society: Eat Healthy. <https://www.cancer.org/healthy/eat-healthy-get-active/eat-healthy.html>
- The Nutrition Source. Harvard School of Public Health. <https://www.hsph.harvard.edu/nutritionsource/>
- Mayo Clinic: Nutrition Basics. <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/basics/nutrition-basics/hlv-20049477>
- Tufts University: Health and Nutrition Newsletter. <https://www.nutritionletter.tufts.edu/category/healthy-eating/>
- FruitsAndVeggies.org: Fruits and veggies, <https://fruitsandveggies.org/fruits-and-veggies/>

Books:

- Bauman, E. & Friedlander, J. (2016). Therapeutic Nutrition. Bauman College, Peningrove, CA
- Pulde, A., & Lederman, M. (2014). Forks over knives plan: a 4-week meal-by-meal makeover. Touchstone, NY
- Greger, M. (2015). How not to die. Flatiron Books, NY
- Murray, M. & Pizzorno, J. (2012). The encyclopedia of natural medicine. Atria, NY
- Murray, M. & Pizzorno, J. (2012). The encyclopedia of healing foods. Atria, NY

Nutrition Apps:

Cronometer, Nutrients, MyFitnessPal, MyNetDiary, MyPlate Calorie Counter



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About the Author

Nataliya Bryantsev is a Certified Holistic Nutrition Consultant and Certified Health and Wellness Coach. She is passionate about all things related to health and wellbeing and has been operating her Holistic practice since 2013. Nataliya's special areas of interest are plant-based nutrition, weight loss, digestive health, and metabolic and hormonal wellness. In her practice, Nataliya offers Holistic Nutrition Consultations and Health and Wellness Coaching sessions to adults, seniors, and pregnant women. Nataliya holds a Master of Science Degree in Holistic Nutrition, a Master of Science degree in Health and Wellness, a Doctor of Medicine degree (St. Petersburg, Russia), and Yoga teacher certifications. Would you like to discuss how to help yourself feel better and more energetic? Schedule a free initial discussion on the *Being in Best Health* website <https://beinginbesthealth.com/>