

Nutrition and Mental Health

Go-To Meals

Having a plan when you're busy or on the run is important; the key to eating well is having a plan in place so you don't have to think about it in the moment. Having 3 ideas for each meal will help you stay on track. Try to include meals that are simple to throw together or ones that you really enjoy preparing. Over time you may come up with creative variations to add to your repertoire. Be sure to check that each meal has protein, carbs, fat and fiber. Remember, there are no rules against eating dinner for breakfast and breakfast for dinner! The idea is to have some ideas that you don't have to think too much about.

Breakfast	Lunch	Dinner
1.	1.	1.
2.	2.	2.
3.	3.	3.

EXAMPLE MEALS

- Make oatmeal a more complete breakfast by adding nuts, fruit and protein powder.
- Protein shake: 1 C water, almond or coconut milk, 1/3 banana, 1/2 C berries, 1 scoop of protein powder and some ice; blend till smooth.
- Put salad dressing on chicken and bake it at 350; steam rice and broccoli to go with it. Chop up leftovers and put it in a wrap or tortilla for lunch the next day.

EMERGENCY FOOD

It's especially important to have options for times when you just don't have it in you to figure anything out.

- Identify some healthy store-bought frozen food options to have on hand.
- Mac'n'Cheese with frozen peas and chicken or skip jack tune.
- Mix a can of skip jack tuna with a can of artichokes, a little mayo and salt and pepper to taste.

TIPS

- If you have more time to cook over the weekend, make extra and freeze it. If you know you're going to have a long day, take it out in the morning and then all you have to do is heat it up when you get home.
- Experiment with slow cookers. You can put everything in the cooker the night before and stash it in the fridge. Turn it on in the morning and come home to a dinner that's ready to eat!

