

FAST FUEL

FRUITS, VEGETABLES & HEALTHY FATS provide **ANTI-OXIDANTS** that reduce inflammation so you can avoid getting run down and outwork the competition:

- Add fresh or frozen berries, chia seeds, ground flaxseed or nuts to cereal, oatmeal, smoothies or yogurt
- Keep GoGoSqueez or BuddyFruits in locker, at your desk & in your car
- Make trail mix with equal amounts dried fruit, nuts/seeds, and cereal/crackers
- Add leafy greens to smoothies
- Add chopped veggies and/or greens to scrambled eggs
- Add veggies and/or hummus to sandwiches
- Add roasted veggies to sauces, eggs, rice, pasta
- Buy 'ready-to-eat' produce that doesn't require any preparation like 100% fruit & vegetable juices, apples, bananas, cuties, pears, mini bell peppers, snap peas
- Peel & freeze banana slices to make smoothies
- Heat-and-eat frozen vegetables
- Eat veggie-based and bean-based soups/stews
- Dip carrots, celery, cucumbers in hummus
- Snack on edamame heated from frozen
- Cool off with frozen grapes
- Top salads with nuts, seeds, avocado, oil-based dressings like Italian and vinaigrettes
- Have nut butter on toast or sandwiches or in smoothies or oatmeal
- Eat fatty fish like salmon, tuna, trout or herring 1-2 times/week

PREP AHEAD

- Cook/shred chicken breasts or thighs, pork loin or beef roast in crockpot. Make tacos, wraps, bowls, salads, sandwiches and freeze the leftover meat.
- Roast a big batch of veggies (bell peppers, mushrooms, onions, broccoli, cauliflower, potatoes, asparagus, etc) and use them all week in sauces, eggs, wraps, burritos, sandwiches, and salads.
- Bake oatmeal for the week in a crockpot or 9x13 pan.
- Hard boil a dozen eggs for snacks, quick breakfasts, and to add to salads.
- Cook a big batch of rice, pasta, or quinoa to use through the week.

SHELF-STABLE FOOD FOR YOUR DESK, LOCKER, CAR, OR BACKPACK

- Shelf-stable milk like Horizon brand
- Dried fruits
- BuddyFruits/GoGoSqueez
- Nuts/seeds
- Trail mix
- Granola, fruit or nut bars
- Whole grain cereal
- Peanut butter packets/cups
- Beef or turkey jerky

HAVE NUTRITIOUS FOODS READY-TO-EAT AT HOME

- Leave fruit visible out on counter
- Smoothies (frozen fruit + milk/juice/yogurt)
- Popcorn
- Yogurt
- Rotisserie chicken
- Tuna / salmon / chicken packets or cans
- Eggs (scrambled, poached, hard boiled)
- Frozen vegetables and grains for microwaving
- Frozen whole grain dinner rolls

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