

MEAL PREP & NUTRITION

QUICK TIP:

12 Genius Uses For Vinegar

TREAT MINOR SKIN CONDITIONS	FLEA SPRAY FOR PETS	CLEAN YOUR GARBAGE DISPOSAL	USE WITH HYDROGEN PEROXIDE
DISSOLVE SOAP SCUM			CLEAN YOUR SHOES
CLEAN YOUR WASHING MACHINE			USE AS WEED KILLER
REMOVE ODORS	USE AS HAIR TREATMENT	DESCALE YOUR DISHWASHER	HELPS WITH STOMACH ISSUES

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WELLNESS OBSERVANCES

- BETTER SLEEP MONTH
- CORRECT POSTURE MONTH
- NATIONAL BIKE MONTH
- NATIONAL HIGH BLOOD PRESSURE EDUCATION MONTH



Newsletter Created By:
 Jordan Simone
 COTA/L, CHC, RYT-200
 ACM JIF Wellness Director

A Beginner's Guide TO MEAL PREP

You may think that cooking meals for the week ahead will consume a big chunk of your weekend.

However, because there are various ways to meal prep, you don't have to stand in the kitchen for an entire Sunday afternoon. Everyone can find a suitable meal preparation style.

MOST POPULAR WAYS TO MEAL PREP

MAKE AHEAD MEALS:

Full meals cooked in advance which can be refrigerated and reheated at mealtimes. This is particularly handy for dinnertime meals.

BATCH COOKING:

Making large batches of a specific recipe, then splitting it into individual portions to be frozen and eaten over the next few months. These make for popular warm lunch or dinner options.

INDIVIDUALLY PORTIONED MEALS:

Preparing fresh meals and portioning them into individual grab-and-go portions to be refrigerated and eaten over the next few days. This is particularly handy for quick lunches.

READY TO COOK INGREDIENTS:

Prepping the ingredients required for specific meals ahead of time as a way to cut down on cooking time in the kitchen.

The method that will work best for you depends on your goals and daily routine.

For instance, make-ahead breakfasts might work best if you're looking to streamline your morning routine. On the other hand, keeping batch-cooked meals in your freezer is particularly handy for those who have limited time in the evenings.

The different meal-prepping methods can also be mixed and matched depending on your own circumstances. Start by choosing the most appealing method, then slowly experiment with the others to determine what suits you best.

WAYS TO CUT DOWN ON COOKING TIME

STICK TO A CONSISTENT SCHEDULE

Knowing exactly when you'll shop for groceries and prep your meals will help you form a good routine.

PICK THE RIGHT COMBINATION OF RECIPES

A good rule of thumb is to stick to one oven meal and a maximum of two stovetop meals at once. Then simply add meals that don't require cooking to the mix, such as sandwiches or salads.

MAKE A SHOPPING LIST

To half the time you spend in the grocery store, keep a detailed grocery list organized by supermarket departments.

ORGANIZE YOUR PREP & COOK TIME

To best organize your prep and cook times, start with the recipe requiring the longest cook time. This is often the soup or oven meal. Once that meal is underway, focus on the rest.

Great Sources of OMEGA-3 FATTY ACIDS

Omega-3 fatty acids are important fats that provide many health benefits.

Studies have found that they may reduce inflammation, decrease blood triglycerides, and even reduce the risk of dementia. Additionally, keep in mind your omega-6 to omega-3 ratio, as a diet low in omega-3s but high in omega-6s can increase inflammation and your risk of disease

CHIA SEEDS

Chia seeds are known for their many health benefits, providing a hefty dose of fiber and protein in each serving.

They're also a great plant-based source of ALA omega-3 fatty acids.

Studies have found that, thanks to their omega-3, fiber, and protein, chia seeds could decrease the risk of chronic disease when consumed as part of a healthy diet. You can boost your chia seed intake by whipping up a nutritious chia pudding or sprinkling chia seeds on top of salads, yogurts, or smoothies.

BRUSSEL SPROUTS

In addition to their high content of vitamin K, vitamin C, and fiber, Brussels sprouts are an excellent source of omega-3 fatty acids.

Because cruciferous vegetables like Brussels sprouts are so rich in omega-3 fatty acids and other nutrients, they have been linked to many health benefits. In fact, one study found that an increased intake of cruciferous vegetables is associated with an almost 16% lower risk of heart disease.

ALGAL OIL

Algal oil, a type of oil derived from algae, stands out as one of the few vegan sources of both EPA and DHA. Algal oil supplements are easy to find in most pharmacies. Liquid forms can also be added to drinks or smoothies for a dose of healthy fats.

HEMP SEED

In addition to protein, magnesium, iron, and zinc, hemp seeds consist of about 30% oil and contain a good amount of omega-3s. Studies have found that the omega-3s found in hemp seeds could benefit heart health. They may do this by preventing the formation of blood clots and helping the heart recover after a heart attack. Sprinkle hemp seeds on top of yogurt or mix them into a smoothie to add a bit of crunch and boost the omega-3 content of your snack.

WALNUTS

Just one serving of walnuts can fulfill an entire day's requirements of omega-3 fatty acids, with a single ounce (28 grams) providing 2,570 mg. Add walnuts to your homemade granola or cereal, sprinkle them on top of yogurt, or simply snack on a handful to increase your ALA intake.

FLAXSEED

Flaxseed is a nutritional powerhouse, providing a good amount of fiber, protein, magnesium, and manganese in each serving. It's also an excellent source of omega-3s. Whisk together 1 tablespoon (7 grams) of flaxseed meal with 2.5 tablespoons of water to use it as a handy substitute for 1 egg in baked goods.

With a mild yet slightly nutty flavor, flaxseed also makes the perfect addition to cereal, oatmeal, soups, or salads.

Energizing

COFFEE SWAPS

CHICORY COFFEE

Not actually coffee at all, chicory “coffee” is made from roasted chicory root as opposed to coffee beans. It doesn’t contain any caffeine so there’s way less of a buzz.

Its nutty and earthy flavor is also the closest to the traditional taste of coffee, making it a great choice for java lovers looking to decrease their caffeine intake.

This brew provides all of chicory root’s benefits, including prebiotic fiber, vitamin B-6, and anti-inflammatory properties. Chicory root is great for gut health thanks to its inulin fiber content, which aids in bowel function, reduces constipation, and helps maintain a balance of healthy gut bacteria.

GOLDEN MILK

Anti-inflammatory golden milk is dubbed as such due to the sunny, yellow hue provided by ground turmeric.

Turmeric — the “golden spice” — really does it all. This powerful spice has been shown to provide benefits from easing pain to reducing symptoms of depression. This is thanks to the compound curcumin, which gives turmeric its anti-inflammatory and antioxidant properties.

Pepper improves turmeric’s bioavailability, making the spice more effective in smaller doses, so it’s a great addition to your cup.

YERBA MATE

Yerba mate, a tea-like concoction made from the *Ilex paraguariensis* tree, has been used both medicinally and socially for centuries. And now it might be your new favorite coffee-free swap.

Yerba mate contains more antioxidants than any other tea-like drink (yes, including green tea!) and a host of therapeutic benefits. This is thanks to the abundance of vitamins, minerals, amino acids, and antioxidants found in the plant. It also contains caffeine, which is ideal for people looking to ditch the coffee but not the buzz.

This is not only good news for energy levels, but also for increased endurance, healthy weight management, and more.

MUSHROOM ELIXIR

For a highly nutritious coffee-free swap, sip on a fungi-filled brew. A mushroom elixir is loaded with antioxidants to combat oxidative stress and powerful prebiotics to aid in digestive health. With all of mushroom’s antiviral, anti-inflammatory, and immune-boosting qualities, there’s more than enough reason to try this earthy beverage. For a serious boost of natural energy, try Cordyceps mushrooms.



Stretches to RELIEVE LOW BACK PAIN

Lower back pain affects up to 80% of all people at one time or another.

Your musculoskeletal system is made up of bones, muscles, tendons, ligaments, and other connective tissues that provide form, support, stability, and movement to your body.

Other muscles that play an important role in maintaining the normal curvature of your spinal column are reported to be associated with lower back pain. These include the hip flexor and hamstring muscles.

KNEE TO CHEST

To perform the knee-to-chest stretch:

1. Lie on your back with your knees bent and your feet flat on the floor.
2. Using both hands, grab hold of your right lower leg and interlace your fingers, or clasp your wrists just under the knee.
3. While keeping your left foot flat on the floor, gently pull your right knee up to your chest until you feel a slight stretch in your lower back.
4. Hold your right knee against your chest for 30–60 seconds, making sure to relax your legs, hips, and lower back.
5. Release your right knee and return to the starting position.
6. Repeat steps 2–4 with your left leg.
7. Repeat three times for each leg.



CAT-COW STRETCH

To perform the cat-cow stretch:

1. Get onto your hands and knees with your knees hip-width apart. This is the starting position.
2. Arch your back by pulling your belly button up toward your spine, letting your head drop forward. This is the cat portion of the stretch.
3. Hold for 5–10 seconds. You should feel a gentle stretch in your lower back.
4. Return to the starting position.
5. Raise your head up and let your pelvis fall forward, curving your back down toward the floor. This is the cow portion of the stretch.
6. Hold for 5–10 seconds, then return to the starting position.
7. Repeat the cat-cow stretch 15–20 times.



Mindful Moments

10 MINUTE MEDITATION FOR STRESS



Nourish

BEST BUDDHA BOWL

<https://www.loveandlemons.com/buddha-bowl-recipe/>



ingredients

- 1 large sweet potato, cubed
- Extra-virgin olive oil, for drizzling
- 1 watermelon radish or 2 red radishes
- 2 medium carrots
- 1 cup shredded red cabbage
- Squeeze of lemon
- 8 kale leaves, chopped
- 2 cups cooked brown rice or quinoa
- 1 cup cooked chickpeas or cooked lentils
- ¾ cup sauerkraut or other fermented veggie
- 2 tablespoons sesame seeds or hemp seeds
- Turmeric Tahini Sauce, for serving
- Microgreens, optional
- Sea salt and freshly cracked black pepper

recipe preparation

- Preheat the oven to 400°F and line a large baking sheet with parchment paper.
- Toss the sweet potatoes with olive oil, salt, and pepper, and spread onto the baking sheet. Roast for 20 minutes, or until golden brown.
- Thinly slice the radish into rounds (this is best done on a mandoline), and use a vegetable peeler to peel the carrots into ribbons.
- Toss the radish slices, carrots, and shredded cabbage with a squeeze of lemon. Set aside.
- Place the kale leaves into a large bowl and toss with a squeeze of lemon and a few pinches of salt. Use your hands to massage the leaves until they become soft and wilted and reduce in the bowl by about half.
- Assemble individual bowls with the brown rice, chickpeas, kale, carrots, radishes, cabbage, sweet potatoes, sauerkraut, sesame seeds, and microgreens, if using. Season with salt and pepper and serve with the Turmeric Tahini Sauce.