

An aerial photograph of a vast, green agricultural landscape. The fields are divided into various sections, some with different shades of green, suggesting different crops or stages of growth. In the distance, several white wind turbines are visible against a blue sky with scattered white clouds. The overall scene is peaceful and rural.

Simplify Your Shopping, Prep Meals Effortlessly

USING FOODS YOU ACTUALLY **LIKE**
& **ENJOY**

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DIETS DON'T WORK

Diets don't work. Let me say that again. **Diets don't work.** Severely restricting calories and foods for weeks and months is a recipe for disaster.



In fact, Yoni Freedhoff, MD, author of “The Diet Fix” and an assistant professor of family medicine at the University of Ottawa, said it best: [“crappy, non-personalized diets aren’t sustainable.”](#) You and your body want to eat and live well with foods you actually like. Is it possible to lose weight, feel great and still eat the foods you like? Despite what the diet gurus tell you, yes, it is.

Hello, I’m Joe. I’m a certified nutrition coach, outdoors lover, and a former dieter who struggled with my weight for 23 years. I help busy professionals with too many work, family and life obligations to eat well, using a simple, low cost, proven method that’s available to any person, any time, anywhere.

What is that simple, no-cost, proven method, you ask?

Drumroll, please...

HABITS

GOOD HABITS ARE LIFE CHANGING

By using habits, I lost 45 pounds, had more energy than I thought possible, and I produced higher quality work that I finished in half the time. Because of the life changing results I experienced, I wanted to help others do the same so I became a certified nutrition coach, and began producing those same results for my clients.

I want this PDF to be your guide to quick and healthy meal options. I know that you, the busy professional who barely has time to get six hours of sleep, has no time for elaborate meals with long lists of ingredients. This guide gives you:

- THE GROCERY STORE MAP: showing you exactly where all the healthy foods that are quick to prepare are located in virtually any grocery store, any chain, anywhere.
- SHOPPING LISTS: what to buy and, with the map, where to find food quickly so you can be in and out in 30 minutes!
- 10 MINUTE RECIPES: using a handful of ingredients these recipes cover every meal and snack, for meat lovers and vegetarians alike.

You work 10 hour days, sit in traffic to and from work, arrive home exhausted and spend the rest of your time with your family and friends. You don't have the time or energy to cook healthy meals. You're uncertain you even know what healthy looks like anymore.

I know. I've been there myself. I know how it feels to be constantly tired, feeling rundown, hating how you look in the mirror.

There's a much better way.

By using simple shopping lists, easy to make recipes, and knowing exactly where to go (and where to avoid) in the grocery store, you're adding simple habits to your life, that over time will result in significant changes to your body and your health.

Small, simple, gradual changes. Small habits, one at a time, stacked on each other. And patience. This is not a "quick fix" process. But it works!



NUTRITION IS A HABIT

JUST LIKE LEARNING
ANYTHING NEW, **LEARNING
HOW TO EAT BETTER IS AN
ACQUIRED SKILL.**



You cannot become a fitness model right after starting your health journey just like you can't play "Freebird" on stage right after picking up a guitar. However, this is what everyone assumes! They think a quick three month diet will get them in better shape for life. This way of thinking doesn't make sense. I don't blame anyone for thinking like this (in fact, I did too!), but **it makes much more sense to approach nutrition like a habit.**

Work backwards from your goal. What is one thing you can do this month to reach that goal? This week? Today? Take your health one step at a time by doing something every day to make it better. Replace one of your staple meals with something healthier that you enjoy. The all or nothing diet replaces everything. No normal human can keep this up forever.

Do one simple and easy thing every day. When you have done that for a week, do something else. It's that simple.

This guide will help you get your habit based nutrition routine started. It gives you everything you need to eat better quickly and easily. Good nutrition is the foundation of any healthy lifestyle, but I don't think you need to spend an inordinate amount of time on it. This guide will help you spend less than an hour per week on eating better so you can keep doing what you want while still creating better nutrition for life.

MY JOURNEY

I

loved being active when I was a kid and in high school. I was in really good shape when I entered college. But while there, I found I had no time to eat well, and I began to subsist on beer, pizza, and Taco Bell. The weight piled on.



By the time I graduated with a degree in mechanical engineering, I was in the worst shape of my life and, even worse, I thought I would never change.

- I could barely walk up a hill without getting out of breath.
- I woke up at 1 pm everyday and still felt tired.
- Every time I ate I felt like sitting on the couch and doing nothing after.
- It took me far longer to complete easy tasks like cleaning the house.
- I was having trouble keeping up my exercise routine.
- My sleep quality was awful.

I GOT FED UP

Finally, I got fed up and committed to good health. I was tired of having no energy and I was tired of looking at what I had become in the mirror. I wanted to have the energy to do my daily tasks while taking on new and challenging fitness routines.

I began to experiment with ways to eat better even with a busy schedule.

I LOST 45 POUNDS!

- I did something active every day.
- I had more energy than I thought was possible, allowing me to workout after work.
- My performance at work was of a higher quality and I finished in half the time.
- I improved my relationships with my friends and family.
- I did all of this while working a regular 9-5 job!

I tried everything, finding the methods that worked the best in the least amount of time. I improved my own health and lost 45 pounds in the process. I saw there was a better approach to eating better which inspired me to help others.

I received my nutrition certification from Precision Nutrition and I started coaching friends and family.



BECOMING A COACH

- I realized diets were pointless since they never last.
- My clients started changing their eating styles one habit at a time.
- I began coaching habits that last a lifetime.
- I taught my clients how to be efficient and cook healthy meals like a pro.

I realized I wanted to help people like you. I was having a direct impact on my friends' and family's lives and it felt amazing. It felt so good to see them go from never having time to prep a meal to preparing and cooking *all* their meals.



HEALTH IS A HABIT THAT ANYONE CAN LEARN

I watched as my clients' weight fell off and stayed off. I watched my clients become more active. It wasn't long until I realized that health was a habit anyone can learn. I created techniques to build good health despite a busy schedule.

- You'll feel amazing when you build these healthy habits yourself.
- You'll discover the time you never knew you had and get in the best shape of your life.
- You'll have the energy to do anything you want even after working a 10 hour day.
- Your brain will be empowered allowing you to work faster with better quality.
- You'll accomplish tasks in half the time.

I've never been one to advocate for the traditional approaches to health. I understand what it means to be a busy professional. I also understand the need to have fun. My non-traditional approach to nutrition reflects my non-traditional approach to life. I quit my engineering job to bike across the country and walk up the Pacific Crest Trail. My life has never felt so fulfilled.

Getting outside and moving is one of the most important facets of my life. Travel has always been important to me as I've visited Europe, South America, Australia, and Southeast Asia.



After leaving my engineering job, I found a passion for helping people. I volunteered for two months in Houston to help rebuild after Hurricane Harvey. I find no better fulfillment than being able to help someone change their life in even a small way.

This PDF encompasses all the work I have done to find better nutrition. It distills everything I know to give you quick and healthy options anytime. It shows you how to build the lifelong nutrition habits you've been dreaming of. Read on for quicker and healthier shopping and better, quicker, and healthier recipes.



SHOPPING IN 30 MINUTES OR LESS

GET IN AND OUT OF THE GROCERY STORE TO
GET THE HEALTHY INGREDIENTS YOU NEED

LEARN TO SHOP FOR SIMPLE INGREDIENTS THAT MAKE SIMPLE MEALS. THE MORE COMPLICATED YOU MAKE IT, THE LESS LIKELY YOU ARE TO EAT BETTER. IT BEGINS AT THE GROCERY STORE.

If you're not experienced with eating healthy, the grocery store can be intimidating. Modern society has given us access to countless foods from around the world all in one place. It's really amazing when you think about it. This also creates a problem for the average shopper. The average shopper doesn't really know what to buy when trying to eat healthy. The abundance of processed food makes this even harder.

Luckily, there's a way to attack the grocery store quickly while still getting the healthy stuff. This method will help you get in and out of the grocery store in 30 minutes or less!



Every grocery store is laid out in a similar fashion. The produce is to the edge when you walk in which transitions to meat/dairy and frozen foods on the outside. The majority of the processed food is on the inside. The 30 minute method is simple:

- Follow the attached list and diagram to make your way around the store.
- Avoid the middle aisles and the perils of having to choose between brands.
- Buy the store brand that has the lowest cost per quantity.
- If you can afford it splurge on organic vegetables, fruits, grass fed meats, and better brands. However, if your budget doesn't allow for this don't let this stop you from getting better foods.
- Your only voyage down the middle aisles should be for rice, oats, nuts, olive oil, or apple cider vinegar once a month.
- Buy whole foods exclusively. If it has more than two ingredients, don't buy it. Keep it simple.
- It's also a good idea to eat before you go, so that you don't give into your cravings!
- Start with prepared items if you aren't experienced with cooking. This limits cooking time allowing you to get back to your life. These can be items like quick oats, potatoes, and frozen or pre cut vegetables that can be cooked in the microwave.
- Buy 4x more than you think you need so it lasts!
- Follow the list and diagram on the next page to navigate the grocery store!

GROCERY STORE

Straight and left to edge with no middle aisles for frozen foods vegetables and unprocessed meats.



Lean Protein

- ☐ Eggs or egg white beaters
- ☐ Lean chicken breast
- ☐ Lean ground turkey
- ☐ Firm tofu
- ☐ Lean steak or pork cuts
- ☐ Fatty fish such as salmon, tuna, or sardines (wild caught)



Head straight to the back and avoid the processed bakery foods.



Frozen Vegetables and Starches

- ☐ Steamable frozen veggies
- ☐ Large bags of frozen veggies
- ☐ Frozen potatoes (no bad oils)
- ☐ Frozen meats if preferred

Hit the middle aisles monthly to get some staples.



CAUTION: Don't get sucked into processed foods, stick to the stuff below:

Commodity Items

- ☐ Rice
- ☐ Mixed nuts or nut butter with no added oils
- ☐ Extra virgin olive oil
- ☐ Apple cider vinegar
- ☐ Coconut oil
- ☐ Beans or lentils
- ☐ Oats
- ☐ All in one seasoning



Produce, Fruits, and Vegetables

- ☐ Broccoli, cauliflower, asparagus
- ☐ Lettuce, baby carrots, tomatoes for salads
- ☐ Bell peppers and onions (pre-cut and/or frozen for convenience)
- ☐ Kale, bok choy, or spinach for sautéing
- ☐ Whole fruits
- ☐ Potatoes
- ☐ Avocado



Checkout in 30 minutes!

Exit and back to life!

Entrance

HEALTHY MEALS IN UNDER 10 MINUTES

Portion Control Guide

Healthy meals shouldn't be hard. All of the following recipes can be made in less than 10 minutes of **active time**. The meals minimize cleanup time, either using the microwave or one pot or pan for most recipes! This saves a vast amount of time.



A serving of protein
= one palm



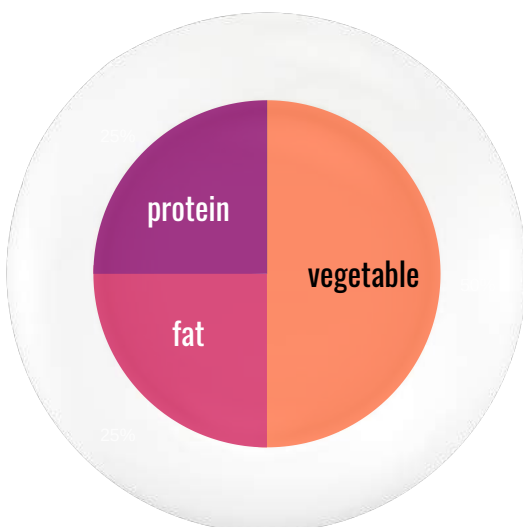
A serving of vegetables
= one fist



A serving of carbs
= one cupped hand



A serving of fats
= one thumb



Each meal should have a vegetable (1/2 of your plate); a protein (1/4 of your plate); and a fat/starch (1/4 of your plate). Before you cook, measure out protein as two palms, vegetables as two fists, two handfuls of carbs, and two thumbs of fats. For women, cut those amounts in half.

Feel free to substitute the starches, proteins, vegetables and fats in each recipe for another. After you've gotten the hang of each recipe, start making each in large quantities so you'll have leftovers. You can always freeze the excess.

The more healthy food you have prepared, the less likely you are to make unhealthy decisions!

Beautiful Breakfast

- P. 15 SIMPLE EGGS, VEG AND OATMEAL
- P. 15 AVOCADO TOAST WITH EGGS
- P. 16 SIMPLE OATMEAL
- P. 16 OVERNIGHT QUINOA CEREAL
- P. 17 ULTIMATE FRITTATA
- P. 17 GREEN SMOOTHIE
- P. 18 BELL PEPPER EGG RINGS
- P. 18 PERFECT PARFAIT
- P. 19 EGG BURRITO
- P. 19 NUT BUTTER ROLL UPS
- P. 20 BANANA CHOCOLATE GOODNESS
- P. 20 BOILED EGGS, GREENS AND GRANOLA

Simple Eggs, Veg and Oatmeal

- 2 eggs
- 2 fists of bagged leafy greens
- ¼ cup of quick oats or ½ a potato
- 2 thumbs of nut butter or 1/2 an avocado
- Favorite all-in-one seasoning



Scramble your eggs in a bowl and add in your leafy green of choice and your favorite all-in-one seasoning. Microwave on high for 45 seconds. Stir, and microwave again for 45 seconds.

Add oats to water per instructions on package and microwave. Add in nut butter or other seasoning. If you prefer a potato, poke holes and wrap in wet paper towel. Microwave for 5 minutes. Add avocado for healthy fat to eggs and potato.

Total active time: 7 minutes



Avocado Toast With Eggs

- 1 piece of toast
- 2 fists of bagged leafy greens
- Half an avocado
- 2 eggs

Scramble your eggs in a bowl and add in your leafy green of choice and your favorite all in one seasoning. Microwave on high for 45 seconds. Stir, and microwave again for 45 seconds.

Slice avocado and cut squares while toasting the toast to preference. Spread avocado and stack eggs on top. That's it!

Total time: 5 minutes

Simple Oatmeal

- 1/4 cup of quick oats
- 2 thumbs of your favorite nut butter or whole nuts
- 1 cupped handful of your favorite fruit



Add oats to water per instructions on package and microwave. Add in nuts or nut butter and fruit.

Total time: 5 minutes

Overnight Quinoa Cereal

- 3/4 cup milk of choice
- 1/4 cup quinoa flakes
- 2 thumbs of nut butter or nuts
- 1 cupped handful of fruit

Mix quinoa with other ingredients and set overnight in the fridge. Eat! You can substitute all kinds of oats too.

Total time: 5 minutes



Ultimate Frittata

- 2 eggs
- 1 handful of diced onions frozen or prepared
- 1 handful leafy greens of choice
- 2 thumbs of your favorite cheese or ricotta
- Favorite seasoning



Sauté onion and leafy greens for about 2 minutes with a good coconut oil or olive oil. Beat in eggs and add seasoning and cook for another 3 to 5 minutes until set. Sprinkle cheese on top and eat!

Total time: 7 minutes



Green Smoothie

- 2 handfuls of leafy greens such as spinach
- 2 handfuls of favorite frozen fruit
- 2 spoons of nut butter
- 1 cup of preferred milk
- Optional -
 - 1 tablespoon of chia seeds
 - 1 tablespoon of ginger
 - 1 tablespoon of lemon juice
 - 1 tablespoon of apple cider vinegar

Throw everything in a blender and hit it.

Total time: 3 minutes

Bell Pepper Egg Rings

- 1 bell pepper
- 2 eggs
- 1/2 an avocado
- 1 handful of your favorite berries
- Olive oil for sauté
- Salt and pepper to taste



Heat pan with oil until shimmering. Cut top and bottom off of bell pepper and discard. Cut body of pepper in half widthwise and remove seeds. Fry pepper rings for a few seconds. Crack an egg inside each. Cover pan and cook for 4-5 minutes. Serve with fruit and avocado.

Total time: 6 minutes



Perfect Parfait

- Non flavored yogurt of choice
- Favorite fruit
- Favorite low sugar granola

Layer the items until you fill a mason jar. Done!

Total time: 3 minutes

Egg Burrito

- 1 large corn or flour tortilla
- 2 eggs
- 2 handfuls of kale or spinach
- 1/2 an avocado
- Optional pinch or two of shredded cheese
- Favorite all in one seasoning



Scramble your eggs in a bowl and add in your leafy green of choice and your favorite all in one seasoning. Microwave on high for 45 seconds. Stir, and microwave again for 45 seconds. Heat tortillas for 1 minute and roll the burrito with the other ingredients and eggs.

Total time: 6 minutes



Nut Butter Roll Ups

- 2 - 3 thumbs of nut butter
- 2 medium tortillas
- 1 handful of granola
- 1 handful of raisins
- Cinnamon for seasoning

Spread everything on warm tortillas that have been heated for 1 minute. Simple!

Total time: 4 minutes

Banana Chocolate Goodness

- 1 slice bread
- 1 egg
- 2 tablespoons milk of choice
- 1 teaspoon cocoa powder
- 1 banana, sliced
- Chocolate chips to taste if preferred

Slice bread into cubes. In a bowl, add egg, milk, cocoa powder and mix. In a microwave-safe mug, place half of the cubed bread and desired amount of banana and chocolate chips. Place the rest of the bread and fix-ins and pour the egg mixture into the mug.

Microwave for 1½ minutes or until egg is fully cooked.

Total time: 4 minutes



Boiled Eggs, Greens and Granola

- 2 eggs
- 2 handfuls of greens
- 1 handful of granola
- 2 thumbs of your favorite nut butter
- Milk of choice to cover granola

Bring water to boil and put in-shell eggs in for 7 minutes. Meanwhile prepare greens by sautéing for 2 minutes. Pour milk on granola and add in nut butter!

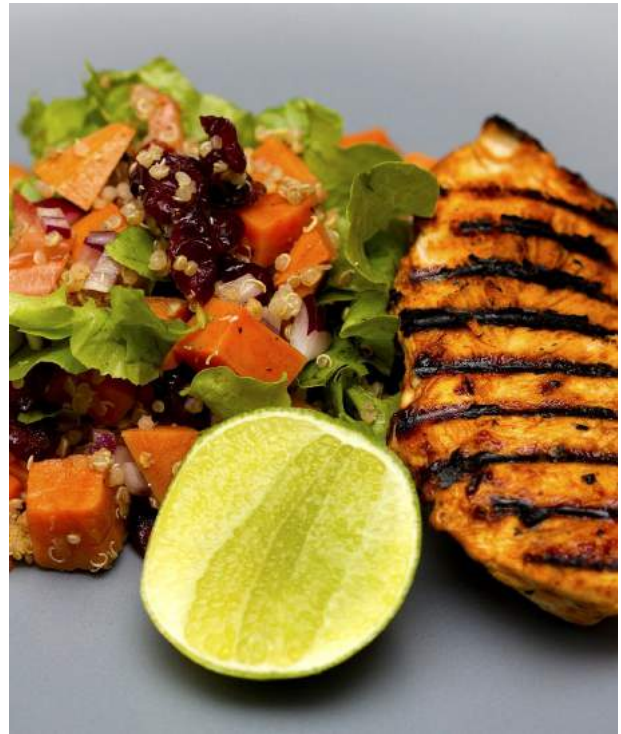
Total time: 10 minutes

Ultimate Lunch

- P. 22 CHICKEN, VEG AND STARCH
- P. 23 ROASTED TOFU
- P. 23 ANYTIME SALAD
- P. 24 THE ONLY BURRITO YOU'LL EVER NEED
- P. 24 STUFFED AVOCADOS
- P. 25 VEGGIE PROTEIN, GREENS AND BEANS
- P. 25 AUTHENTICO BLACK BEANS AND RICE
- P. 26 SAUSAGE AND VEG SKILLET
- P. 26 MEAT AND POTATOES
- P. 27 SWEET POTATO AND TURKEY
- P. 27 MICROWAVE MEATLOAF
- P. 28 BURGER WITH SALAD
- P. 28 VEGGIE BURGER WITH SALAD
- P. 29 TUNA CURRY
- P. 29 TEMPEH REUBEN
- P. 30 ZUCCHINI AND PECAN SAUTÉ
- P. 30 TURKEY AND HUMMUS WRAP

Chicken, Veg and Starch

- ½ a bag of frozen steamable vegetables
- 1-2 palms of prepped chicken breast
- ½ a potato or ¼ can of beans
- ½ an avocado or 1-2 thumbs of nuts



Cook your chicken breast one day on the weekend by rubbing it with extra virgin olive oil and your favorite seasoning. Bake on 450 F for 18 minutes until the juices run clear. Cut up the breast with scissors after it's cooled down and store it where you eat lunch during the week.

Before lunch heat up your steamable bag of vegetables per the instructions on the bag. Save half the bag for another meal. Poke holes in the potato and wrap in wet paper towel. Microwave for 3 minutes. Add chicken and heat 2 more minutes. If using beans heat chicken and beans for 4 minutes. Have some nuts on the side or an avocado in the mix.

Total active time: 5 minutes

Roasted Tofu

- 1-2 palms of firm tofu
- 2 fists of frozen or precut vegetables
- 2 handfuls of rice noodles
- ½ an avocado or 1-2 thumbs of nuts

Heat oven to 450 F. Place tofu on a plate with paper towel beneath. Put another paper towel on top and weight on top. Let tofu drain for 10 minutes. Cut and rub with extra virgin olive oil and seasoning of choice.

Place tofu on baking sheet. Place vegetables in deep pan and mix with oil and preferred seasoning. Place both trays in the oven for 15 minutes. Flip the tofu and stir the vegetables. Place in the oven for another 15 minutes. Bring 3 quarts of water to a boil and remove from heat. Insert noodles per package instructions. Add avocado or nuts. Throw everything into a big bowl.

Total active time: 7 minutes



Anytime Salad

- 3 handfuls of leafy greens of choice
- Carrots or tomatoes or other veggie adornments
- ¼ can of beans and 1-2 thumbs of nuts
- 1 cupped handful of raisins or other fruit
- 4 ounces of tuna or sardines
- Olive oil and vinegar for seasoning

Wash your greens. Cut or break them into the size you desire and add “dry items.” Cut tomatoes and other “wet vegetables” in another container. Cut a lot in a large container for later. Add fish, seasoning, and dressing to salad when ready to eat!

Total active time: 5 minutes

The Only Burrito You'll Ever Need

- Leftover meat or prepped meat - 1-2 palms
- 2 handfuls of spinach or leafy greens
- Avocado
- Corn or flour tortilla

Throw meat together with your leafy green and sliced avocado in a preheated tortilla (1 min in microwave). Wrap it up and enjoy. Bonus points for grilling or sautéing for added finish.

Total time: 3 minutes



Stuffed Avocados

- Half an avocado
- Stuffing of choice including diced tomatoes, cheese, herbs, or meat

Fill avocado to the brink with selected toppings. Enjoy!

Total time: 3 minutes

Veggie Protein, Greens and Beans

- 1/2 cup of textured vegetable protein (TVP)
- 1/2 cup of water
- 2 tablespoons olive oil
- 1/4 can beans
- Steamable bag of veggies or pre-prepared vegetables
- Seasoning of choice

Cook TVP by mixing with water and heating in the microwave for 4 minutes. Reheat or cook the vegetables. Add olive oil and seasoning to taste. Add the beans and vegetables to a big bowl with the TVP and eat!

Total time: 8 minutes



Authentic Black Beans and Rice

- 1/2 can beans of choice
- Steamable bag of rice or 1/4 cup instant rice for quickness
- Leafy greens of choice
- Chopped cilantro
- 1/2 avocado
- Your favorite seasoning

Throw rice in the microwave per the instructions. Prepare the beans with the greens and your seasoning of choice. Microwave for 2-3 minutes. Mix in avocado and cilantro and enjoy an authentic dish.

Total time: 6 minutes

Sausage and Veg Skillet

- 1 sausage link of choice
- 1 handful of pre-diced peppers
- 1 handful of pre-diced onions
- Pre-cooked or steamed rice
- Favorite seasoning

Cook sausage for 5-6 minutes with diced vegetables. Season as preferred. Add in rice and eat!

Total time: 7 minutes



Meat and Potatoes

- 1/2 of your favorite type of potato
- 1 can of vegetables such as green beans
- 2 palms of pre-cooked meat (see chicken recipe for cooking instructions)

Throw the potato in the microwave for 5 minutes until soft throughout. Add meat to can of veg and microwave to heat. Dice potatoes and add in seasoning as you wish.

Total time: 8 minutes

Sweet Potato and Turkey

- 1/2 sweet potato
- 2 palms of precooked turkey breast or bake for 20 minutes on 450 F
- Steamable bag of veg

Steam potato in the microwave by poking holes with a fork, wrapping in a paper towel, and wetting. Cook for 5 minutes. Steam vegetables on stove in bag. Mix everything with the meat and season as you like. Have Thanksgiving anytime!

Total time: 10 minutes



Microwave Meatloaf

- 1 large egg, lightly beaten
- 5 tablespoons ketchup, divided
- 2 tablespoons prepared mustard
- 1/2 cup dry bread crumbs
- 2 tablespoons onion soup mix
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 pound ground beef

Combine egg, meat, bread crumbs, 2 tablespoons ketchup, mustard, dry soup mix, and salt and pepper. Microwave for 10-12 minutes until no longer pink. Drizzle with extra ketchup and eat.

Total time: 10 minutes

Burger with Salad

- 1/4 ounce burger patty
- Whole grain bun
- Slice of cheese if preferred
- 3 stalks lettuce
- Other salad fixings

Heat a pan and fry burger on each side for 2-3 minutes until desired pinkness is reached.

Meanwhile prepare the salad by tossing the lettuce with tomatoes, carrots, or other desired toppings with olive oil and vinegar. Plate the burger with a toasted bun and enjoy.

Total time: 6 minutes



Veggie Burger with Salad

- 1/4 ounce veggie patty
- Whole grain bun
- Slice of cheese if preferred
- 3 stalks lettuce
- Other salad fixings

Heat a pan and fry patty on each side per package instructions. Meanwhile prepare the salad by tossing the lettuce with tomatoes, carrots, or other desired toppings with olive oil and vinegar. Plate the burger with a toasted bun and enjoy.

Total time: 6 minutes

Tuna Curry

- 1 clove garlic, minced
- 1/2 handful pre chopped onion
- 1/2 handful pre chopped green bell pepper
- 1 can tuna, drained and flaked
- 1 cup sour cream
- 1 teaspoon curry powder
- Olive oil

Heat oil in a pan until shimmering. Add garlic, onions, and pepper. Cook until soft. Stir in tuna, sour cream, curry powder, salt and pepper. Heat until warm and serve.

Total time: 6 minutes



Tempeh Reuben

- 1 slice tempeh
- 1/4 cup sauerkraut
- 1 slice Swiss cheese
- 2 slices rye bread
- 1/2 tablespoon butter

Heat a skillet over medium heat. Spread butter over one side of one slice of bread. Place bread butter-side-down into skillet, and top with tempeh, Swiss cheese, sauerkraut. Spread butter on the remaining slice of bread, and place on top of sauerkraut. Cook until toasted on one side, flip, and continue cooking until cheese melts.

Total time: 7 minutes

Zucchini and Pecan Sauté

- 3 tablespoons coconut oil or butter
- ⅓ cup chopped pecans
- 1 pound fresh zucchini, sliced

In a large skillet, melt 1 tablespoon butter over medium heat. Add pecans; cook and stir until lightly browned, about 5 minutes. Remove pecans from skillet. Add remaining 2 tablespoons butter to the skillet, and melt. Add zucchini, and sauté until soft. Toss with pecans. Serve.

Total time: 10 minutes



Turkey and Hummus Wrap

- 1-2 thumbs of store bought hummus
- 1-2 palms of prepared turkey or lunch meat in a pinch
- 2 handfuls spinach
- 1 slice tomato
- Hot sauce or seasoning
- Large wrap of choice

Heat the wrap and turkey for 1 minute each. Spread the hummus on the wrap and add all the ingredients to roll and eat.

Total time: 5 minutes

Scrumptious Dinners

- P. 32 GROUND MEAT, VEG AND RICE
- P. 32 VEGGIE SGETTI
- P. 33 ROASTED SALMON
- P. 33 HANDS OFF CHILI (BATCH COOK)
- P. 34 HEARTY SOUP (BATCH COOK)
- P. 34 TOSTADAS
- P. 35 HEARTY LENTILS AND RICE
- P. 35 TACO SKILLET
- P. 36 ASIAN FUSION
- P. 36 MEATY PASTA (BATCH COOK)
- P. 37 PAN FRIED TILAPIA
- P. 37 QUESADILLAS
- P. 38 FRIED RICE
- P. 38 KABOB
- P. 39 STEAK, ROASTED VEG AND ROASTED
POTATO (BATCH COOK)
- P. 40 SQUASH AND LENTIL SOUP (BATCH COOK)
- P. 40 HAWAIIAN PINEAPPLE AND SMOKED
SAUSAGE (BATCH COOK)
- P. 41 TUNA TOSTADAS (BULK)
- P. 42 EASY CHICKEN POT PIE (BATCH COOK)
- P. 43 SLOW ROASTED PORK (BULK)
- P. 43 MEATY FISH

Ground Meat, Veg and Rice

- 2-3 lbs. of ground meat
- 2 fists of frozen or pre cut vegetables
- ¼ cup rice or more for later

Steam or boil your vegetables in a large pot. Frozen will take 30 minutes while fresh will be about 15. Make a lot for later.

Preheat a pan and add olive oil or coconut oil. Sauté your meat until golden brown, about 10 minutes. Cook rice in a rice cooker or boil water on the stove per instructions until tender about 45 minutes. For more time savings use instant rice.

Total active time: 10 minutes



Veggie Sgetti

- Medium to large spaghetti squash
- 2 palms of ground turkey or beef
- Spinach or other leafy green
- Olive oil, salt, pepper

Cut open spaghetti squash and remove the seeds and pulp. Rub with olive oil, salt, and pepper. Bake for an hour on 450 F. Sauté the meat for 5 minutes and add in the spinach in the final 2. Take out the squash and pull with fork. Eat in a big bowl.

Total active time: 10 minutes

Roasted Salmon

- 1 palm salmon
- 2 handfuls arugula or other leafy green
- 1/2 a lemon
- 1/2 an avocado
- Parmigiano cheese to taste
- Salt and pepper

Heat up oil in a pan on medium-low heat. Press salmon between paper towels to dry surfaces.

Season salmon with salt and pepper. Add salmon in pan skin side down. Cook for 6 minutes.

Toss arugula, lemon juice, olive oil, and avocado. Flip salmon and cook for 1 more minute

Total time: 10 minutes



Hands Off Chili (batch cook)

- 1 to 2 lbs. ground meat
- 2 cans tomatoes
- 2 cans green chilis
- 2 cans of your favorite beans
- Stalk of kale
- Half a carton of broth
- Your favorite seasoning
- Drizzled olive oil

Throw all the ingredients in a slow cooker and cook on low for 8 hours.

Total active time: 5 minutes

Hearty Soup (batch cook)

- 2 cans of your preferred beans
- 2 handfuls pre chopped carrots
- 1 handful pre chopped onions and garlic
- 2 handfuls of your favorite leafy green
- 3/4 carton of broth
- Salt and pepper or other spices
- 2 cans coconut milk

Sauté onions and garlic for 2-3 minutes until translucent. Add in other ingredients and simmer on low for about an hour until delicious.

Total active time: 7 minutes



Tostadas

- 3 corn tortillas
- 2 palms premade or canned meat topping
- 2 handfuls corn and/or tomatoes
- 1 thumb of your favorite cheese
- 1 thumb of guac and/or pico de gallo
- 3 spoonfuls refried beans
- Olive oil

Brush tortillas with oil and bake on 400 F for 4 minutes on each side. Throw on your preferred toppings and enjoy.

Total time: 10 minutes

Hearty Lentils and Rice

- 1/2 cup rice
- 1/2 cup lentils
- Leafy greens or prepared vegetables

Rinse lentils and rice under cold water in a strainer. Let lentils and rice soak for a few hours with 2 cups of water.

Drain lentils and rice and add fresh water. Bring to boil and let simmer for about 45 minutes. Add in greens or vegetables when fully cooked. Enjoy!

Total active time: 5 minutes



Taco Skillet

- 1 lb. ground beef or turkey
- 2 handfuls chopped onion and peppers
- 1 can corn
- 10 corn tortillas chopped
- Cumin or chili powder seasoning
- Salt and pepper

Heat pan with oil and cook meat for 5 minutes until brown. Add in vegetables and cook until soft. Finally add tortillas and seasoning and cook for another minute. Enjoy a mex fest.

Total time: 10 minutes

Asian Fusion

- Bag of shrimp
- Pre-cooked rice or steamable bag
- 6 leaves bok choy

Bring 2-3 cups of water to a boil and add shrimp. Cook until tender and red.

At the same time sauté bok choy with good olive oil and season how you like.

Add it together with the rice and enjoy.

Total time: 7 minutes



Meaty Pasta (batch cook)

- 2 palms precooked meat
- Box of pasta
- Olive oil to preference
- 2-3 cloves garlic, precut
- 1 handful cut onions
- 3 handfuls leafy greens

Bring water to boil and cook pasta per instructions. Meanwhile, sauté onions and garlic until translucent (2-3 minutes). Add in leafy green and cook for another 2 minutes. Toss pasta with vegetables and olive oil to preference.

Total time: 10 minutes

Pan Fried Tilapia

- 1 tilapia fillet
- 2 tablespoons lemon juice
- 6 asparagus stalks
- 1/2 a potato

Steam potato in the microwave by poking holes with a fork, wrapping in a paper towel, and wetting. Cook for 5 minutes.

Preheat pan on medium high and cook tilapia with favorite seasoning for 2 minutes on each side.

At the same time preheat another pan on medium high and cook asparagus. Plate it all and enjoy.

Total time: 6 minutes



Quesadillas

- 1 canned chicken or precooked chicken
- 1/2 can black beans
- 1/2 an avocado
- 1 handful cheese
- 1 large tortilla

Put all the ingredients on a tortilla and fold. Place on the grill until nice and seared (5 minutes). Enjoy!

Total time: 5 minutes

Fried Rice

- 2 cups instant rice or 3 cups leftover rice
- 3 eggs
- 2 tablespoons olive oil
- 2 handfuls frozen peas and carrots
- 2 tablespoons soy
- 1/2 tablespoon rice vinegar

Cook rice in microwave according to instructions.

Heat oil in large skillet or wok until shimmering. Crack eggs in pan and scramble until lightly cooked. Add rice and frozen veggies and stir fry for 3 minutes. Add soy sauce and vinegar and serve.

Total time: 5 minutes



Kabob

- 1-2 pounds diced meat, such as chicken or steak
- 2 handfuls pre cut peppers and onions
- 1 handful diced pineapple
- 1 handful ringed zucchini

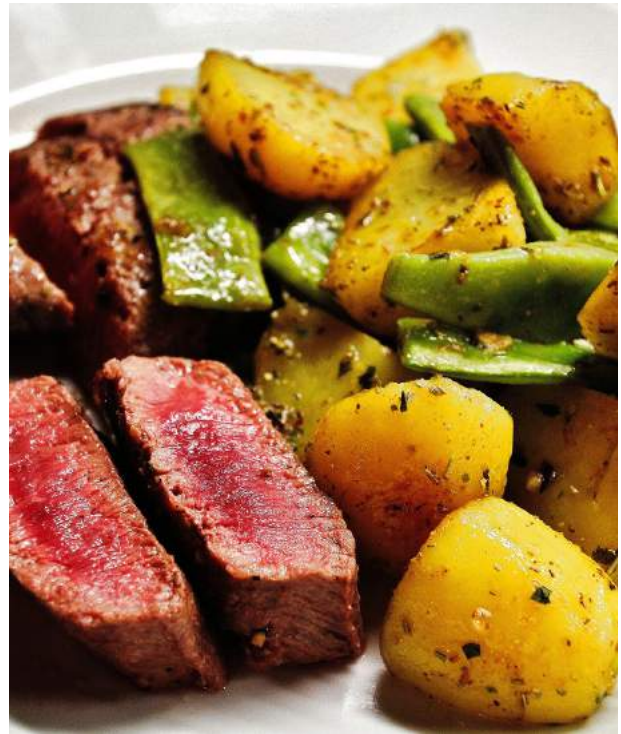
Throw everything on 2-3 kabob sticks. Grill on each side for 3-4 minutes. Pull off and enjoy!

Total time: 9 minutes



Steak, Roasted Veg and Roasted Potato (batch cook)

- 1 cup water
- 2/3 cup bourbon whiskey
- 1/2 cup soy sauce
- 1/4 cup packed brown sugar
- 3 tablespoons Worcestershire sauce
- 2 tablespoons lemon juice
- 4 (6 ounce) beef rib-eye steaks
- 2 potatoes cut into slices
- 8 fists frozen or pre cut broccoli
- Olive oil



Whisk together the water, bourbon whiskey, soy sauce, brown sugar, Worcestershire sauce, and lemon juice in a bowl, and pour into a plastic zipper bag. Add the rib-eye steaks, coat with the marinade, squeeze out excess air, and seal the bag. Marinate in the refrigerator for 8 hours or overnight.

Preheat an outdoor grill for high heat, and lightly oil the grate. Remove the rib-eye steaks from the marinade, and shake off excess. Discard the remaining marinade. Grill the steaks on high, 1 to 2 minutes per side, to sear the meat. Move the steaks to a cooler part of the grill and cook for an additional 2 to 3 minutes per side, if desired.

Brush vegetables and potatoes with olive oil and grill along with steak.

Total active time: 10 minutes

Squash and Lentil Soup (batch)

- 2 cups lentils
- 1 butternut squash precut or pre spiraled at the grocery store
- 2-3 handfuls kale
- Favorite seasoning
- 1/2 cup olive oil
- 1/2 a carton of veggie broth

Soak lentils overnight with enough water to cover.

Drain lentils and add fresh water. Add the squash, olive oil, and veggie broth. Cook for 30-40 minutes on low. Add the kale and simmer for another 15 minutes until lentils and squash are soft.

Total active time: 5 minutes



Total time: 10 minutes

Hawaiian Pineapple and Smoked Sausage (batch)

- 1 (14 ounce) package Smoked Sausage, cut into 1/2-inch slices
- 1 red bell pepper precut
- 1/4 cup sweet chili garlic sauce
- 1 cup fresh pineapple, cut into 1/2-inch pieces
- 3 cups cooked rice

Cook and stir sausage and bell peppers over medium-high heat for 5 minutes or until sausage is lightly browned and peppers are tender. Add chili garlic sauce and pineapple; cook and stir for 5 minutes. Serve over cooked rice.

Tuna Tostadas (bulk)

- 3 cans solid white tuna packed in water, drained
- 1/2 (10 ounce) can sweet corn, drained
- 1/2 onion, pre chopped
- 1 bunch cilantro, finely chopped
- 2 tablespoons salsa
- 1 lime, juiced
- Hot sauce to taste
- Salt and pepper to taste
- Sour cream, for topping
- 8 tostada shells



With a fork, flake tuna into a bowl. Stir in corn, onion, cilantro, salsa, and lime juice. Season with a few dashes of hot sauce, and salt and pepper to taste. Stir to combine, then spoon onto tostada shells. Top each tostada with a dollop of sour cream and a bit more hot sauce.

Total time: 5 minutes

Easy Chicken Pot Pie (batch)

- 1 - 22.6 ounce family-size can condensed cream of chicken soup
- 2 cups milk of choice
- 2 cans mixed vegetables or 3 handfuls of frozen
- 2-4 palms diced cooked chicken
- 1 can refrigerated biscuits



Preheat oven to 400 F. Spray a 9 x 13 inch baking dish with cooking spray. In a large bowl, stir together condensed soup, milk, vegetables, and chicken. Transfer to the prepared baking dish. Bake in the oven for 20 minutes (or until heated through and bubbly).

While the casserole is in the oven, arrange biscuits on a separate baking sheet. During the final 10 minutes of baking time, place biscuits in the same 400 F oven as the casserole. Bake biscuits according to package instructions (about 10 minutes).

When the casserole is heated through and the biscuits are golden brown, remove both from the oven. Give the casserole a stir, and then arrange the cooked biscuits on top in a single layer to form the “crust.” Serve.

Total active time: 10 minutes

Slow Roasted Pork (bulk)

- 1 pork loin
- 2 potatoes of choice
- 8 fists broccoli and/or cauliflower, pre chopped
- 2 handfuls onions, pre chopped
- 1/2 carton of preferred broth
- 2 cups water

Cut the potato into slices and place on the bottom of the slow cooker. Add the vegetables and the loin on top. Add the broth and water. Cook on low for 8-10 hours. Ready when you get home.

Total active time: 5 minutes



Heat the oil in a pan until shimmering.

Heat the rice or make in the microwave.

Stir the maple syrup, Cajun seasoning, and garlic powder in a bowl. Brush the mix over the fillets.

Cook the mahi mahi in the oil until it flakes easily with a fork, 3 to 5 minutes per side. Add greens to the pan in the last 3 minutes. Plate and eat.

Meaty Fish

- 1 tablespoon olive oil
- 2 tablespoons maple syrup
- 1 tablespoon Cajun seasoning
- 1/2 teaspoon garlic powder
- 2 (4 ounce) mahi mahi fillets, rinsed and patted dry
- 1/4 cup instant rice
- 2 fists leafy greens such as spinach

Total time: 10 minutes

Bonus: Snacks!

P. 45 GRANOLA AND NUT BUTTER

P. 45 PEANUT BUTTER BANANA

P. 46 SWEET POTATO BROWNIES

P. 46 JERKY

P. 47 TRAIL MIX (BATCH)

P. 47 HEALTH BARS

P. 48 JUST NUTS

P. 48 CHIA SEED PUDDING

P. 49 BANANA ICE CREAM

P. 49 HUMMUS AND VEG

Granola and Nut Butter

- 1 handful of granola
- ½ cup of milk of choice
- 2 thumbs of nut butter

Combine all and enjoy

Total time: 2 minutes



Peanut Butter Banana

- 1 banana
- 1 spoon of peanut butter

Peel banana and spread with peanut butter. Eat before a workout or for a quick jolt of energy.

Total time: 2 minutes

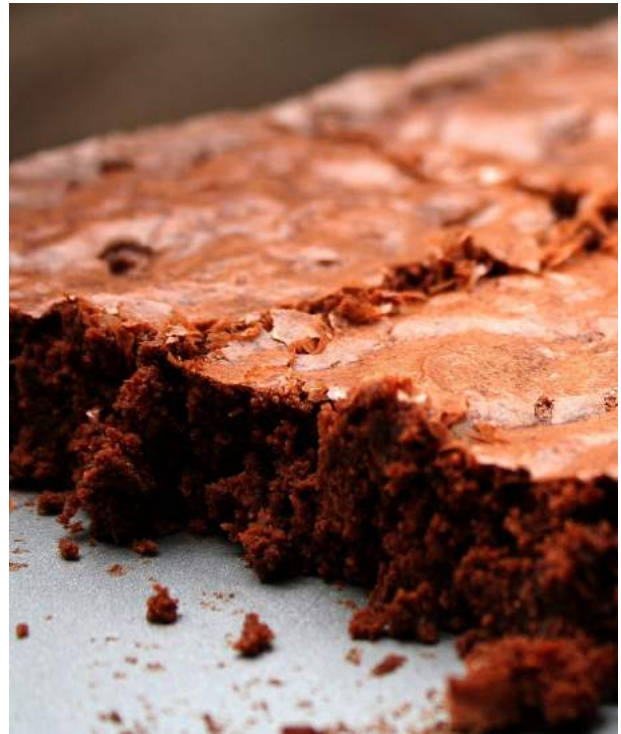
Sweet Potato Brownies

- 1 cup mashed sweet potato (cook in microwave for 5-6 minutes and mash)
- 1/2 cup of your favorite nut butter
- 1/4 - 2/3 cup cocoa powder - more cocoa yields a richer taste

Preheat the oven to 350 F and coat a small 4 x 6 or 6 x 6 loaf pan with cooking spray and set aside. Note, a smaller pan yields thicker brownies.

Add all your ingredients into a high speed blender or mix together by hand. You can also use a food processor. Immerse until just blended - if you overdo it, it will take significantly longer to cook.

Total active time: 5 minutes



Transfer brownie batter to loaf pan and bake for 12-15 minutes, or until a toothpick comes out clean. Allow the brownies to cool in the pan completely before eating!



Jerky

- Store bought or make your own in a dehydrator

Eat anywhere! Great filling snack.

Total active time: 1 minute

Trail Mix (batch)

- 2 cups of unsalted raw nuts of choice
- 2 cups raisins
- 1 cup of dried fruit

Combine all in a bowl. Add salt or other seasoning if preferred. Keep for later and measure out two thumbs when you need a snack.

Total time: 2 minutes



Health Bars

- 1 good quality bar

Look for bars for very little ingredients like RX Bars or Lara Bars. Protein bars can be more filling.

Total time: 1 minute

Just Nuts

- 2 thumbs of your favorite nut

It's best to buy them raw and unsalted.

You can always heat them in the oven for 30 minutes on 450 F with your favorite seasoning.

Total time: 1 minute



Chia Seed Pudding

- 1/4 cup cacao powder or unsweetened cocoa powder
- 3-5 Tbsp maple syrup or sugar
- 1/2 tsp of ground cinnamon (optional)
- 1 pinch sea salt
- 1/2 tsp vanilla extract
- 1 1/2 cups milk of choice
- 1/2 cup chia seeds

To a small mixing bowl add cacao powder, maple syrup, ground cinnamon, salt, and vanilla and whisk to combine. Then add a little milk at a time and whisk until a paste forms. Then add remaining milk and whisk until smooth.

Add chia seeds and whisk to combine. Then cover and refrigerate overnight, or at least 3-5 hours (until it's achieved a pudding-like consistency). It may also be helpful to give the mixture an extra whisk/stir once it has been in the refrigerator for 30-45 minutes. Enjoy!

Total time: 5 minutes

Banana Ice Cream

- 3-4 large ripe bananas
- 3 tablespoons of cacao powder
- 1 teaspoon of vanilla extract (optional)

Slice the bananas into small pieces and place onto a baking sheet lined with parchment paper and freeze for at least 1 hour.

Place the frozen sliced bananas and cacao powder in a food processor (or a high-powered blender) and blend together until the mixture looks like soft serve ice cream, scraping the sides of the food processor as needed. After a few minutes, the mixture will resemble soft-serve ice cream.

Total active time: 5 minutes



You can enjoy the ice cream immediately but I recommend transferring it to an airtight container and freezing until it's a little more solid in about 1 hour.



Hummus and Veg

- 3 spoonfuls of store bought hummus put into a bowl
- 3 celery stalks or a handful of carrots

Dip and enjoy.

Total time: 1 minute

NUTRITION WILL FIT IN YOUR BUSY LIFE

Nutrition is a Habit

Nutrition is a habit. When you treat it as such you can make incredible progress on your health. Dieting can help you lose weight but it makes it hard to keep it off. Habit based nutrition inspires you to eat healthy day-by-day.

Add in these simple shopping habits and recipes one at a time. Shopping at the store itself can be overwhelming. Start with shopping and preparing breakfast. Once you have that nailed down, move to lunch and dinner. Always make sure you're nine out of 10 confident before adding in a new habit. You'll make slower daily progress, but you'll make more progress over a year than you ever thought possible.

Most importantly, these habits will be *life long*. I hope this PDF will help you realize your health goals. Remember, good health is a journey and it starts with what's contained here.



WANT TO REALLY UPLEVEL YOUR NUTRITION GAME?

As I mentioned before, I became so inspired by the changes I have seen in myself, I wanted to help others achieve the same no-diet, long-lasting, habit-based health (and lifestyle!) changes I have.

I am certified in nutrition coaching by [Precision Nutrition](#), the largest and most respected private nutrition coaching company in the world.

I work one-on-one with busy professionals who want to improve their nutrition and fitness, but don't have the time / the knowledge / the motivation to stick with nutrition changes long term.

Remember, diets don't work. *Health is a **habit** that **anyone** can learn.*

My tailored-to-you, habit-based nutrition coaching program walks you through how to approach nutrition as a habit, not a diet; how to change your eating habits one at a time so you see gradual, steady improvements to how you look and feel. Additionally, you'll have more energy while being able to do things you never thought possible!



I even help you uncover your innermost motivation for improving your health, so when the journey gets hard (and yes, it will), you can remind yourself ***"This"*** is why I'm changing!" In fact, motivation is so important, it's the first step we take!

- You'll feel amazing when you build these healthy habits yourself.
- You'll discover the time you never knew you had and get in the best shape of your life.
- You'll have the energy to do anything you want even after working a 10 hour day.
- Your brain will be empowered allowing you to work faster with better quality.
- You'll accomplish tasks in half the time.

"Joe is helping me develop a better and happier lifestyle. **He's helped me make small, but lasting changes that now are just part of my much healthier lifestyle.** After six months with him, I feel better physically, and also mentally."

- Sandra D.



If you're interested in taking control of your nutrition and your habits today, head over to my [Nutrition Coaching](#) page and learn more about the program!

Any questions you may have, [contact me here!](#)

Ready to see if we're a good fit to work together? [Schedule your free 30 minute Discovery Call here!](#)

Too much too soon? I understand. Please keep in touch on [Facebook](#) or [Instagram](#) (both @trifortravel). Also keep your eyes peeled in your Inbox for updates from me on healthy recipes, meal prep tips, and updates on what health challenges I'm tackling!

Thank you for signing up for my email list, it truly means a lot to me. Thank you for reading. Thank you for caring about your health and improving your life. Wherever your journey takes you, I'm privileged to be a part of it.

Yours in Healthy Habits,

Joe



“Joe has been very helpful in my journey. **His positive attitude and encouragement have boosted my motivation.** He is very knowledgeable and happens to have a solution to my questions. **It's been a pleasure working with him so far, and he has played a big role in helping me to meet my goals.**”

- Mia R.

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