

Eating Smart On-The-Go

Busy Schedule?

Try these tips to eat healthy in a hurry!

1. Make use of leftovers

When making dinner, cook an extra portion and pack it for lunch the next day.

2. Utilize your crockpot

Save time and effort! Toss all the ingredients into your crockpot in the morning and come home to a delicious dinner all ready to go.

3. Invest in good quality containers

Containers allow for a convenient way to pack your own meals on the go. Having containers of all different sizes will also help with portion control.
We recommend glass containers for safe food storage

4. Make a meal plan

Create a list of meals for each day of the week. Try choosing meals that use items you already have in the house or foods that might be going bad soon! Having a list will also help you avoid making unhealthy decisions at the grocery store.

5. Prepare your meals in advance

Sunday is a great day to prepare meals for the week ahead. Chop vegetables, hard boil eggs, bake your protein, and portion out snacks for the week.

6. Choose grab-and-go snacks

Keep your healthy eating on track by preparing your own on-the-go snacks.
Although fruit is a healthy option, it contains a lot of sugar, so try snacks that are higher in protein instead

BREAKFAST:

- Green smoothie
- Hardboiled egg
- Overnight oats

Choose meals you can prepare the night before to save you time in the morning

LUNCH:

- Left overs
- Quiche/Casserole

Prepare a meal on Sunday that can be divided up and used throughout the week

DINNER:

- Crockpot meals

Try using leftover ingredients from the day before to help cut down the prep time

SNACKS:

- Protein shake
- Handful of nuts
- Veggies & hummus

Use glass containers to portion out snacks for the week.

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Choosing a Quality Protein Powder

Whey protein: a milk-based protein that contains all the essential amino acids and is easily digested. It helps boost energy and can reduce stress levels. Best to use after a workout.

Soy protein: Helps reduce high cholesterol. Also helps with osteoporosis by helping build bone mass.

Egg protein: Released slower than whey, can be taken throughout the day.

Milk protein: Helps support immune function and enhance muscle growth.

Vegetarian? No problem!

Rice protein: 100% plant-based and also gluten-free.

Pea protein: Highly digestible, hypo-allergenic and economical.

Hemp protein: 100% plant-based. It's a good source of omega-3 fatty acids.

Magna Wellness Approved Protein Powders

Plant-based

- Vega
- Genuine Health
- Sun Warrior

Whey

- PC All Natural
- New Zealand

*If you have a protein powder you would like us to check out, please email us at:
wellness@magna.com*

5-Minute No-Bake Protein Balls

Ingredients:

- 1 cup cut steel cut oats
- 2 tbsp flax seed
- 1 cup unsalted almonds
- ½ scoop chocolate protein powder
- 1 tbsp vanilla
- 3 tbsp honey
- 2 tbsp coconut oil
- 3 tbsp dark chocolate chips (optional)

Directions:

1. Blend or puree the first 3 ingredients until they are “powdery” like flour. If you don’t have a high-speed blender or food processor, use almond flour and ground flax instead.
2. In a bowl, stir together the blended ingredients and remaining 5 ingredients until everything is moistened.
3. Form into 10 balls and refrigerate or Freeze overnight. Enjoy!

