

Creating a Healthy Lifestyle

10 Daily Healthy Habits

1. Drink Water: (aim for $\frac{1}{2}$ your body weight in ounces each day) ****tip**: keep a water bottle next to your bed so upon waking, you drink 8-16 ounces to rehydrate after a nights sleep.
2. Try Fasting: Give your digestion a break by fasting 12, 14 or 16hrs each day or a few times a week.
3. Eat Whole Foods: fruits, vegetables, nuts & seeds are nutrient dense and will keep you satiated longer.
4. Avoid Refined Sugar: If you must, use maple syrup or honey as a replacement but it is best to avoid all sugar if possible.
5. Avoid Processed Foods: Crackers, cookies, chips, candy, granola bars, etc. will only make you more hungry. (these are said to be "empty calories")
6. Mindful Eating: We often eat when we are not hungry (emotional eating), so be intune with your body and whether or not it is actually hungry.
7. Movement: Whether it is 10, 20 or 60 minutes, get some kind of exercise each day. Most of us sit way too much due to desk jobs/tv, so make it a habit to walk around throughout the day.
8. Reduce Stress: Don't sweat the small stuff. Yoga, meditation, taking a bath or walk could all help in reducing stress. Find something that you enjoy doing and do it more often.
9. Sleep: Avoid screen time 1-2hrs prior to bedtime. Go to bed and wake up at the same time each day to provide yourself with a routine.
10. Self-Care: Love & appreciate your body. Stop comparing yourself to others.

How to Succeed at Achieving a Healthy Lifestyle:

- Add in more of the "GOOD" stuff! (ex. water, vegetables, fruits, whole grains, healthy fats, exercise, sleep, etc.)
- Don't go to the grocery store hungry and always bring a list.
- Read ingredient labels!
- Meal prep
- Avoid the ALL OR NOTHING mentality (ex. You are not a failure if you ate a cookie)
- Celebrate the small wins (journaling can help you focus on this)
- Take time for yourself!

****Focus on Progress NOT Perfection!**

Banana Muffins: Makes 12 (approx. 160 calories)

Ingredients

- 3 large ripe bananas (mashed)
- 2 eggs
- 1 tsp vanilla extract
- 2 cups almond flour
- 1 tablespoon baking powder

- $\frac{1}{4}$ tsp kosher salt
- 2 tsp ground cinnamon

Directions

1. Preheat oven to 350 degrees. Line a muffin pan.
2. Mix all ingredients in a large bowl until well incorporated.
3. Divide batter into muffin pan. (the amount of batter you get might depend on how large your bananas are!)
4. Bake 25-28 minutes until a toothpick comes out clean.
5. Let cool & keep in the refrigerator/freezer to preserve freshness.
6. Great to eat by itself, or spread some kerrygold butter or nut butter on top!

Cashew Coleslaw: Makes 1 big bowl

Ingredients

- 4 ounces cashews
- $\frac{1}{2}$ cup olive oil
- 1 tablespoon maple syrup
- 1 tablespoon tahini
- 2 tablespoons lemon juice
- 1 garlic clove
- 2 carrots (tip: easily grate in a food processor)
- $\frac{1}{2}$ red cabbage (tip: easily grate in a food processor)

Directions

1. Place cashews in a bowl, cover them with water and let them soak for at least 4 hours. (I normally will soak overnight in a mason jar; make sure to keep in refrigerator)
2. Drain the cashews and add them to a blender with all the other ingredients except for the carrots and cabbage.
3. Pour in a $\frac{1}{2}$ cup of water and blend for 1 minute or so until a smooth, creamy mixture forms.
4. Stir the cabbage, carrots and dressing together in a bowl.
5. Eat it with some avocado as a lunch or cook up a protein (chicken, beef, tofu) and eat it for dinner.

***recipe from cookbook: Deliciously Ella Every Day*

MORE QUICK & EASY DINNER IDEAS IN THE BELOW LINK:

<https://www.healthyhomesteadhostess.com/blog/my-favorite-quick-amp-easy-dinner-ideas>

*****TRY TO CHOOSE ORGANIC WHENEVER POSSIBLE*****

*****READ INGREDIENT LABELS*****

*****PLEASE CONSULT WITH YOUR DOCTOR, OR OTHER QUALIFIED HEALTHCARE PROFESSIONAL. These tips are not intended to cure or diagnose disease.**