



Advantage *Nourish*
Group Wellness Coaching

The Workbook

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Goal Setting Worksheet



Steps to create new goal(s) / habit(s):

- Pick a habit.** There are a few different ways to do this. 1) Choose a habit for each category and see which one sticks. 2) Choose one category/habit where you are most motivated to take action. 3) Simply pick one category and one habit, and focus on making progress there. **Pro Tip: When you think of your new habit, it should be "roll your eyes" easy! That way when life hits the fan, you are still likely to accomplish them!.**
- Be specific.** When will you complete this habit? Try stacking this habit on an already formed habit like brushing your teeth, or eating lunch.. If that's not possible, specify what days/times you are going to complete your habit.
- Rate your confidence.** Rate your confidence about completing your new habit(s). Use a 1 - 5 scale. **1 - This is NOT going to happen, 5 - I've GOT this!** You'll need to rate yourself at a 4 or more. Anything less than a 4 go back and reassess the habit(s) you picked and figure out how can you make it easier to manage.
- Identify barriers and solutions.** Look into the future for a moment. What will hinder you from completing your habit? Identify solutions on how will you overcome it.

My new goal(s) / habit(s):

Hydration Habit	
Whole Food Habit	
Rest and Digest Habit	

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Goal Setting Calendar



Reassess Your Habit(s) Every Two Weeks:

How ARE you doing? What are you learning about yourself? Are there any tweaks to your habit that need to happen? Were there any circumstances that prevented you from accomplishing your habit? How will you overcome those situations in the future?



Weeks 1 & 2 Recap:



Weeks 3 & 4 Recap:

Check off your habits/goals that you complete each day. Celebrate each time you complete a habit!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

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Meal Plan

WEEK OF :



	DINNER	LUNCH	BREAKFAST
SUN			
MON			
TUE			
WED			
THR			
FRI			
SAT			



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Healthy Eating on a Budget



It all starts with groceries! Quick check list before you head to the store:

- See what you already have – Freezer, cabinets, and refrigerator.
- Think about your schedule – What days do you or do you not have time to cook.
- Write down a meal plan – Dinners, lunches (leftovers?).
- Determine what recipes you are going to use.
- Make a grocery list. Organize it by the store's sections or food groups. This will save you time and money since you will not be wondering around finding things NOT on the list.

Other Ways to Save:

- **Meatless Mondays** – Use beans and skip the meat. Dried or canned beans are much more cost-effective than animal meat. Stretch out the use of your meats by mashing up beans into the mix.
- **Use the Pantry** – Meal plan around what you already have in your pantry.
- **Coupons** – All those pennies can add up quickly. Most grocery coupon books come out mid-week and can be found in the entry way. Also try checking newspapers, store websites or social media.
- **Buy in Bulk** – If you are able, try to buy items in bulk when they are on sale. This oftentimes requires a freezer or a way to preserve the extra food.
- **Buy in season** – Seasonal fruits and vegetables will cost way less than asparagus in January.
- **Buy on Sale** – What items are on sale this week? What can you make with them? Are there items that you don't need this week, but will need and are on sale now?
- **Cost-Effective Places** – Ask around for the best deals. Farmers markets, co-op for spices in bulk, Aldi for produce and nuts, bulk food stores, discount grocery, and garden!
- **Canned/Frozen Fruit or Vegetables** – Just make sure the canned fruit is in 100% juice, canned vegetables are in “low/no sodium”, and that frozen vegetables are not in some high fat/sugar sauce.
- **Prepare you own meal and treats** – A little more time in the kitchen can yield big money-saving results by keeping you out of your take-out app or the drive through.
- **Avoid Food Waste** – Rotting food = throwing your money away! Maybe you need to learn how to best preserve food (days = refrigerator, months = freezer, years = picking dehydrate, ferment, smoke, can).
- **Cut the Crap** – Cookies, ice cream, chips, soda, and juice are expensive! Cutting these unnecessary items from your life will loosen your waistline and fatten your wallet!
- **Eat before you go shopping** – This way you will be less likely to impulse buy something.

Budget-Friendly Way to Stock Your Pantry

Rice or Other Grains – Whole grains have more nutritional value than pastas or white rice. Quinoa adds a boost of fiber and protein, as one of the most protein rich grain you can find. All cooked grains also freeze well! Cook them in bulk and freeze some for another dish.

- Use In: Buddha Bowls, just add some beans for protein and a few vegetables, fried rice
- Canned beans are a great way to add protein to any meal, just be sure to rinse them first.
- Dried beans are less expensive; however, if you are less likely to use them, then just get them in a can.
- Use In: Great way to stretch out your ground beef, soup, stew and chili.

Pasta Sauce

- Not just for spaghetti. Next time it is on sale, grab several cans!
- Use In: Stuffed peppers, chicken parmesan, meatloaf, lasagna.

Canned Meat

- Chicken, salmon, tuna are great and economical options. Non-perishable are great in a pinch when other food is running low.
- Use In: Tuna sandwiches, salads, casseroles, soups, dips, and patties

Stocks

- Common ingredient in more than just soup.
- Use In: Making your grain (rice, etc), sauces, casseroles, sauteing vegetables

Peanut Butter

- Inexpensive and versatile, because it can be used in every meal of the day!
- Use In: smoothies, sandwiches, peanut noodles, and dessert!

Oil/Fat

- So many recipes start with some kind of fat! Use avocado oil, olive oil, or butter. Avoid other vegetable oils.

Garlic

- So many recipes! Because garlic is one of those aromatic ingredients that tends to be important factor for taste.

Ground Meat

- For instance: beef, turkey and chicken are great for making quick and easy meals. Be sure to buy meat in bulk and when it is on sale, then portion it out and freeze what you'll need in the future.
- Use In: Soups, casseroles, hamburger patties, and tacos.

Frozen Vegetables

- Often cheaper than fresh, out of season vegetables and last longer! They can save you time since they are already cut up for you, and most of the time come in a “mixed” bags, so you just need one!
- Use In: frozen spinach in quiche, mixed vegetables in fried rice, and corn in tortilla soup, or just as a side.

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Dressing Recipes



Chimichurri

- 1 & 1/2 C packed fresh Parsley
- 1/4 C fresh Oregano (1 tsp if dried)
- 1/4 small red onion (1 shallot)
- 3 Garlic Cloves
- 3 Tbsp Red Wine Vinegar
- 2 Tbsp Lemon Juice
- 1 tsp Salt
- 1/4 tsp Red Pepper Flakes (optional)
- 3/4 C Olive Oil (I use 1/4 C)

You could marinate meats in this, cook up and still use the rest of the sauce on vegetables or to mix with a carb (potatoes, rice, quinoa), or use it on roasted vegetables and rice.

Thai Peanut Stir Fry Sauce

- 2 Tbsp Red Wine Vinegar
- 2 Tbsp Soy Sauce
- 1/4-1/2 C Peanut Butter
- 1 Tbsp Brown Sugar (honey or maple syrup)
- 1 tsp Garlic Powder or minced cloves
- 1/8 tsp Ginger paste (more if it is ground)
- 1/8 tsp Cayenne Pepper

Sauté up whatever vegetable you wish. Let it simmer for 5-10 minutes, serve on rice noodles, rice, etc.

Vegan Pesto (or Dairy Free)

- 1/2 C Pine Nut ("poor mans" = cashews or walnuts)
- 1/4 C Nutritional Yeast (OR Asiago/ Parmesan Cheese)
- 2 Cloves Garlic
- 6 C Basil Leaves
- 3/4 C Olive Oil
- 1 tsp Salt

Food process till smooth-ish. Put on pizza crust or add to dishes as a sauce.

Paula's Taco Seasoning

- 1 Tbsp Chili Powder
- 1 1/2 tsp Cumin
- 1/4 tsp Garlic
- 1/4 tsp Oregano
- 1/4 tsp Crushed Red Pepper (I omit for children)
- 1/4 tsp Onion Powder
- 1/2 tsp Paprika
- 1 tsp Black Pepper

Tacos - Just make your usual 1/2-1 lb. of meat. Add 1/4 cup water. Add spice and simmer. (You can make this in bulk.)