

Simple Meal Upgrades for Lasting Energy



One of the best ways to increase energy is to balance your meals and snacks with adequate proteins, healthy fats, and wholesome carbs. Retrain your brain to stop counting calories and start focusing on the NUTRIENT DENSITY and BALANCE of your meal.

Balanced meals help to ward off blood sugar and hormonal swings, improve digestion, and keep you nice and satisfied for hours.

HOW IT'S DONE:

- First, choose your wholesome **carbs** by filling at least half your plate with low starch veggies, and if desired a small amount of sweet potatoes, peas, or whole grains like quinoa or brown rice.
- Second, be sure your meal has a source of **healthy fat** such as olive oil, avocados, coconut, nuts, seeds, whole organic eggs or salmon.
- Finally, include a **clean protein** source from organic/grass fed/wild animal protein (chicken, beef, eggs, etc.) or beans, nuts, seeds for a vegetarian choice.



Below are some examples of meal swaps to help you get more energy in your day. You'll be amazed at what a few easy swaps can do...



Breakfast

TYPICAL BREAKFAST #1

Bowl of cold cereal, skim milk, fruit

What Went Wrong?

Cold cereal typically refined and high carb/glycemic, skim milk high glycemic.
Not enough balance protein and fat

GURU UPGRADE

Chopped apples, diced avocado, crushed walnuts, hemp seeds, coconut flakes;
unsweetened almond or coconut milk

Nutritional Bonus

Low glycemic, natural fiber, [healthy fats](#), protein, magnesium, vitamin C

TYPICAL BREAKFAST #2

Scrambled egg whites (using cooking spray); Low carb English muffin

What Went Wrong?

No healthy fats, processed bread, missing good nutrients in egg yolk

GURU UPGRADE

Whole scrambled eggs (2), cooked in 1 tsp of butter, [ghee](#) or coconut oil, mushrooms,
spinach, 1 slice Ezekiel bread (optional)

Nutritional Bonus

Low glycemic, natural fiber, healthy fats, protein, potassium, calcium, iron, vitamin A



Lunch

TYPICAL LUNCH #1

Salad with lettuce, carrots, cucumber, croutons, low fat dressing

What Went Wrong?

No protein or fat to balance blood sugars. Needs more variety of veggies, low fat dressing with additives and preservatives, sugar or artificial sweeteners

GURU UPGRADE

Salad with lettuce, spinach, carrots, cucumber, broccoli, leftover chicken or salmon/beans, homemade salad dressing with olive oil

Nutritional Bonus

Low glycemic, natural fiber, healthy fats, protein, tons of antioxidants, vitamins and minerals including magnesium, folate, potassium, vitamin C, iron, omega 3s

TYPICAL LUNCH #2

Turkey sandwich on low carb bread, low fat mayo, baked potato chips

What Went Wrong?

Processed bread and chips, low nutrient value, no healthy fats, low vegetable count

GURU UPGRADE

Turkey, avocado, sprouts, shredded cabbage or carrots, drizzled with olive oil and lemon juice or vinegar; packed into blanched collard wrap, Romaine, or whole grain sprouted bread

Nutritional Bonus

Whole food ingredients, more veggies, healthy fats, vitamin C, fiber, vitamin K, beta carotene, antioxidants



Snack

TYPICAL SNACK #1

[Fiber One Bar](#)

What Went Wrong?

Artificial sweeteners, food dyes, added fibers, processed soy, other preservatives

GURU UPGRADE

Kits Organic bar, or handful dried fruit and raw or toasted nuts/seeds,
[homemade granola](#)

Nutritional Bonus

Pure ingredients – only fruit, nuts. Provides healthy fats, magnesium, fiber, wholesome protein, folate, B vitamins, zinc

TYPICAL SNACK #2

90 calorie Yoplait Yogurt

What Went Wrong?

[Artificial sweeteners](#) and dyes, hormones/antibiotics, possible GMO

Guru Upgrade

Organic, grass fed whole milk plain cow, goat or sheep or coconut yogurt;
fresh fruit

Nutritional Bonus

Pure ingredients, fats for satisfaction, antioxidants and fiber in fruit, calcium, protein

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