

5 ways to kick-start healthy habits

Bonus: 3-day kick-start meal plan



1. Stay active

Studies have found that regular exercise can cut stress, elevate and stabilize mood, improve sleep, and boost self-esteem. Making time to move can also help you stay motivated to make healthy choices.



2. Get enough sleep

Poor sleep has been linked to eating more foods high in calories, fats, and carbs. This can lead to health problems such as increased stress, blood pressure, and blood sugar. Set a consistent sleep and wake time each day to ensure at least 7-9 hours a night.



3. Continue monitoring

Knowing your numbers helps you stay accountable. This can mean stepping on the scale, measuring your blood sugar, or taking your blood pressure. Don't get discouraged if you aren't where you want to be at any point. Use these results as a gauge to help you stay focused on making mindful choices.



4. Plan, shop, and prep healthy meals

Take time each week to set yourself up for well-balanced meals. Wash, cut, and store produce in containers right after grocery shopping. Portion out, bag, and sort lunch foods for the week. Prepare larger meals so you have leftovers.



5. Set mini SMART goals

SMART stands for Specific, Measurable, Attainable, Reasonable, and Timely. An example of a SMART goal is "I will power walk on my lunch break for 20 minutes, 4 days out of the week."

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3-day kick-start meal plan

Day 1

Breakfast: Yogurt parfait

Serving size: 1 | Prep time: 5 minutes | Cook time: 0 minutes

- ½ cup 2% plain Greek yogurt
- 2 tsp honey
- ¼ cup blueberries
- ¼ cup strawberries, (sliced)
- ¼ cup high-fibre cereal, like All-Bran
- 2 Tbsp walnut pieces

Calories	Fat	Sat.Fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
285	13 g	59 g	176 mg	8 mg	31 g	6 g	23 g	16 g	319 mg

In a tall glass, layer yogurt, blueberries, strawberries, cereal, and walnut pieces. Repeat so you have two layers of each food.



Lunch: Turkey avocado wrap

Serving size: 1 | Prep time: 5 minutes | Cook time: 0 minutes

- 1 whole-wheat tortilla (20 cm)
- ¼ avocado, mashed
- 85 g sliced lower-sodium turkey breast
- ½ cup baby spinach

Spread mashed avocado on tortilla, then add turkey breast and baby spinach. Roll up and slice in half.

Calories	Fat	Sat.Fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
317	12 g	1 g	872 mg	20 mg	37 g	8 g	2 g	18 g	234 mg



Snack: 2 medium celery stalks + 2 Tbsp peanut butter

Calories	Fat	Sat.Fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
203	16 g	2 g	64 mg	0 mg	9 g	4 g	3 g	10 g	446 mg



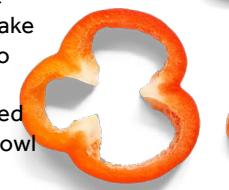
Dinner: Shakshuka

Serving size: 1 | Prep time: 10 minutes | Cook time: 20 minutes

- 1 Tbsp oil
- ½ onion, chopped
- ½ bell pepper, chopped
- 1 cup canned crushed tomatoes
- ½ tsp cumin, cayenne, or chili powder
- 2 eggs
- 2 Tbsp feta cheese

Over a medium flame, heat the oil and sauté onion and bell pepper in a small skillet until soft. Add crushed tomatoes and spices. When sauce begins to simmer, use the back of a spoon to make two indentations in the sauce. Crack 2 eggs into each of the indentations and cover pan with lid. Lower the heat and simmer until eggs are cooked through, around 10-15 minutes. Transfer to a bowl and sprinkle with crumbled feta.

Calories	Fat	Sat.Fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
384	29 g	8 g	445 mg	389 mg	18 g	3 g	9 g	18 g	716 mg



Beverage of the day: Cucumber mint water

Add ½ cucumber, sliced, and ¼ cup mint leaves to a pitcher of water. Steep in the fridge and enjoy throughout the day.



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3-day kick-start meal plan

Day 2



Breakfast: Honeyed ricotta & pear

Serving size: 1 | Prep time: 5 minutes | Cook time: 0 minutes

¾ cup part-skim ricotta
1 medium pear, thinly sliced
1 tsp honey
½ cup shelled pistachios, chopped

Scoop ricotta into a serving bowl. Top with pear. Drizzle with honey and top with pistachios.

Calories	Fat	Sat.Fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
302	12 g	5 g	119 mg	29 mg	39 g	6 g	23 g	13 g	416 mg



Lunch: Balsamic berry salad

Serving size: 1 | Prep time: 5 minutes | Cook time: 0 minutes

3 cups baby spinach
½ cup strawberries, sliced
¼ cup red onion, sliced
¼ avocado, cubed

1 Tbsp walnut pieces
1 Tbsp olive oil
1 Tbsp balsamic vinegar
85 g grilled chicken

Spread mashed avocado on tortilla, then add turkey breast and baby spinach. Roll up and slice in half.

Calories	Fat	Sat.Fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
414	29 g	4 g	112 mg	53 mg	19 g	8 g	8 g	24 g	1056 mg



Snack: 1 string cheese + 1 small cucumber, cut into spears

Calories	Fat	Sat.Fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
125	6 g	3 g	196 mg	15 mg	12 g	2 g	5 g	9 g	442 mg



Dinner: Garlic zoodles with chicken

Serving size: 1 | Prep time: 10 minutes | Cook time: 10 minutes

1 tsp olive oil
1 clove garlic, crushed and chopped
2 cups zucchini noodles (about 2 medium zucchinis)
½ cup grape tomatoes (halved)
85 g grilled chicken strips (precooked)

In a nonstick skillet, heat olive oil over a medium flame and sauté garlic, zucchini noodles, and grape tomatoes. When noodles are soft, pour into a bowl. Top with grilled chicken strips and pine nuts.

Calories	Fat	Sat.Fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
297	13 g	1 g	413 mg	50 mg	22 g	6 g	11 g	27 g	1090 mg



Beverage of the day: Strawberry basil

Add 1 cup sliced strawberries and ¼ cup fresh basil leaves to a pitcher of water. Steep in the fridge and enjoy throughout the day.

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3-day kick-start meal plan

Day 3



Breakfast: Eggs in a ring

Serving size: 1 | Prep time: 5 minutes | Cook time: 10 minutes

1 tsp olive oil
2 red bell pepper rings, cut ½-inch thick
2 eggs
1 tsp unsalted butter
1 slice whole grain bread (less than 70 calories), toasted

Heat olive oil in a nonstick skillet. Place red bell pepper rings onto the skillet. Crack an egg into the middle of each ring. Cook until the bottom holds together, about 2-3 minutes. Flip with a spatula and cook on the other side for another 2-3 minutes, until lightly browned. Serve with 1 slice whole grain bread spread with butter.

Calories 249	Fat 14 g	Sat.Fat 4 g	Sodium 279 mg	Cholesterol 327 mg	Carbs 15 g	Fibre 3 g	Sugars 3 g	Protein 15 g	Potassium 199 mg
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Lunch: Crunchy slaw salad with salmon

Serving size: 1 | Prep time: 5 minutes | Cook time: 0 minutes

Dressing:

2 Tbsp olive oil
1 Tbsp apple cider vinegar
½ tsp Dijon mustard

Salad:

2 cups packaged coleslaw blend / shredded cabbage
½ small apple, sliced into matchsticks
70 g pre-packaged boneless, skinless salmon pouch (flaked)

2 Tbsp scallions, chopped

Whisk together olive oil, apple cider vinegar, and Dijon mustard. Add coleslaw blend (or shredded cabbage), apple, salmon, scallions, and sliced almonds to a bowl. Toss with dressing.

Calories 498	Fat 41 g	Sat.Fat 6 g	Sodium 456 mg	Cholesterol 25 mg	Carbs 19 g	Fibre 7 g	Sugars 10 g	Protein 19 g	Potassium 286 mg
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Snack: ½ cup 2% unsweetened greek yogurt + ½ medium banana, sliced

Calories 133	Fat 2 g	Sat.Fat 1 g	Sodium 51 mg	Cholesterol 10 mg	Carbs 18 g	Fibre 2 g	Sugars 11 g	Protein 12 g	Potassium 311 mg
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Dinner: Loaded taco bowl

Serving size: 1 | Prep time: 10 minutes | Cook time: 10 minutes

2 cups frozen cauliflower rice
2 Tbsp chopped cilantro
1 tsp lime juice
½ cup black beans
1 plum tomato, chopped

2 Tbsp guacamole (store-bought)
2 Tbsp shredded cheddar cheese
10 tortilla chips, crumbled
Prepare cauliflower rice

according to package instructions. Mix with cilantro and lime juice. Top with black beans, plum tomato, guacamole, cheddar cheese, and tortilla chips.

Calories 431	Fat 14 g	Sat.Fat 4 g	Sodium 536 mg	Cholesterol 15 mg	Carbs 59 g	Fibre 15 g	Sugars 8 g	Protein 20 g	Potassium 497 mg
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Beverage of the day: Melon ginger

Add 1 cup cubed cantaloupe and 1 cm slice of ginger to a pitcher of water. Steep in the fridge and enjoy throughout the day.

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