

**WELLNESS WORKSHOPS, SEMINARS - PRACTICING NUTRITION**

**The Personal Trainers Resource to Meal-Plans for Clients 2015**

You know the success of your clients extends beyond their fitness component. The question 'how, what, when do I eat?' plagues most of our society. The business of food and media sensationalism cause more confusion than clarity for most people. In this session, Whole Foods Natural Nutrition educator, coach, culinary chef, food enthusiast and recipe author Teri Gentes instills *crystal clear comprehension of the essential components of healthy eating*. Take home fabulous suggested meal plans to share with your clients enabling their success in fitness/wellness and every-day living.

**MENU PLANNING - The BASICS of healthy eating:**

- ❖ **Be sure to have breakfast** before you launch into your day - begin with lemon water, then fresh or frozen fruit. Wait approx 20 minutes before enjoying a quality Protein, Complex Carb, Quality Fat (EFA'S) and Fiber combo of nutrients. If you're in a hurry, choose a power smoothie that combines fresh and frozen fruits and veggies as well as protein. IE: frozen berries or bananas, fresh avocado, cucumber, lettuce or leafy greens of some kind, fresh ginger root, soaked nuts or seeds or raw nut or seed butter or a high [quality protein powder](http://www.rawelements.ca/) and supplements as desired such as Acerola Vitamin C powder [http://www.rawelements.ca/ Spirulina, Maca Root powder Liquid Rush multi-vitamins, Barley Power Powder, Ormus Greens etc...](http://www.rawelements.ca/)
- ❖ **Include some RAW** food with every meal and increase the amount of veggies you usually eat with at least two varieties at each meal. Enjoy snacks that are a quality Protein, Fats, Carb and Fiber combo to avoid blood sugar spikes and hormonal chaos.
- ❖ **Include quality essential fatty acids** with your meals - cold pressed flax, hemp, walnut, chia, borage or olive oil, raw nuts/seeds (flax, chia, hemp, walnut) or their raw butters.
- ❖ **Eat quality Whole grains** beyond wheat - look for quinoa, soy, kamut, spelt, buckwheat, amaranth, teff, rye, wheat berry, brown rice, steel cuts oats, quinoa flakes, etc...
- ❖ **Add more vegetarian proteins** into your meals - legumes and pulses, Ancient grains, shitake mushrooms, nuts and seeds, sprouts, fermented soy – tempeh, Natto, ...
- ❖ **Season foods** with various dried/fresh herbs and spices. Drizzle those quality oils mentioned above over AFTER cooking to ensure the nutritional composition is not compromised.
- ❖ **Eat a variety of different foods** - rotate your choice every day to avoid addiction/food intolerance or nutrient deficiencies.
- ❖ **Keep it simple** and allow sufficient time to enjoy both preparation and consumption and even the clean pp. Food is meant to be a joyful experience and it's your best health investment augmenting blood sugar stability, hormonal balance, the digestive and immune system.

**EATING: GENERAL GUIDELINES:**

**Begin each day with warm lemon water pre-breakfast!**

- ❖ **Mix and match menus** each day factoring in how to **use left-overs** from previous meals when possible saving cooking time. When prepping foods increase amounts to accommodate this and schedule in at least an hour or more of food prep each week.
- ❖ **Recipes may need revising to meet dietary needs.** Remember – nut /seed butter and humus are great cheese alternatives; breads and wraps can be collard, Romaine, kale, Radicchio, etc. Proteins can be your choice of various meats, fish, tempeh, tofu, beans, shitake mushrooms, seafood, Ancient grains, nuts and seeds, etc...
- ❖ **Ensure meals include** quality protein, healthy fats, whole food carbs / veggies (Lots)
- ❖ Add veggies to smoothies – greens, cucumbers, celery, avocado, carrots, beets etc...
- ❖ When possible enjoy fruit first (especially with cooked foods) or between meals.
- ❖ Adjust portions when suggested to meet your specific needs.
- ❖ Be sure to do the same with the seasonings. Cook to appease your palate increasing or decreasing seasonings, and substituting ingredients as needed.

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#### **Simplicity is your motto for your breakfasts, lunches and dinners:**

- ❖ When needed rely on commercial conveniences (stock your pantry and freezer). You can enhance them w/ additional vegetables, legumes, raw nuts and seeds etc. My fave easy and super-fast go to's are: salsa, beans and greens for a salad or humus (a legume or nut/seed dip) and veggies or steamed edamame w/ sea salt for a snack. That dip often fills wraps or quesadillas or subs as cheese butter on a pizza. Pesto is a staple as well.
- ❖ Be sure to maximize on leftovers for quick lunches and recreated main courses.

**Other store bought ideas** - organic tomato sauce or salsa with black bean or rice pasta with added fresh or frozen veggies and legumes or heat sauce with chickpeas or lentils, add veggies and curry or jerk powder. Serve over a bed of spinach and you have a well-rounded meal in moments. Sub in any theme you like such as Italian, Mediterranean, Tex-Mex, Thai...

**Humus or Cashew butter** (or almond, macadamia, Brazil nut etc.) is great as the cheese on a pizza, Panini or wrap which can be an organic tortilla or butter lettuce leaf topped with pesto or tomato sauce, assorted veggies, legumes, leftover meat, seafood, fish, tofu or tempeh, shitake mushrooms, grains, etc... More plant based foods is a great way to augment the immune system and minimize inflammation. (Dairy is a top food allergen).

#### **QUICKIE CONSIDERATIONS:**

- ❖ Fish or tofu/tempeh, pounded chicken or pork cooks up quickly with a veggie stir-fry. Quesadillas or Tacos or nachos, Swiss chard or bell peppers etc. are easy to stuff with the leftovers. Just add in additional veggies and a grain if desired.
- ❖ Make up big batches of rice, roasted veggies and legumes to use in stews, curries, stir-fries, salads, to fill vegetables or wraps, soup, pilafs etc....
- ❖ With the "*make more for later*" mode permeating...keep breakfasts simple (still healthy of course) and direct your energies to creating marvelous main courses in quantities that allow you to reuse for lunch, dinner remakes and yes, even brunch.
- ❖ Sub recipes w/ seasonal ingredients your locale is producing and eat MORE veggies. A power shake in the morning that is all fruit and a sweetened protein powder does not reflect truly healthful habits. As you know – add in some veggies and a quality protein. Choose sprouted nuts, seeds or raw butters, quality protein powder if desired and lots of leafy greens.
- ❖ Eating out? Stay on track and go **Mexican** – bean burritos with salsa; **Indian** - choose tomato based sauces, **Italian** – non cream sauces – stick with tomato sauce and order grilled veggies topped with tomato sauce or pesto, toasted nuts etc. served over a bed of garlicky greens. At most restaurants main course salads are offered and these too can be topped with roasted or grilled veggies, animal protein or for vegans- mushrooms, beans, peppers, onions, eggplant, broccoli, spinach etc... Be sure to ask for what you want even if it's not on the menu. I do this all the time and get fabulous meal options.

#### **FUNDAMENTALS...**

- Shop at farmers markets
- Buy extra, label and freeze anything from greens, broccoli, tomatoes, herbs, fruits, etc. Come fall you'll love having these garden /vine ripened foods over those shipped from afar. It's better for our planet too.

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- Double or triple recipes – especially sauces, dips and vinaigrettes, (pesto, humus, salsa, guacamole) and even grains and legumes...
- Freeze some and keep some on hand for a fast meal enhancer or foundation.
- Infuse more flavor, nourishment and color into foods with the use of herbs on/in most anything from grains, beverages, salad dressings, dips, pasta, sauces, etc...
- Enjoy an abundance of variety and aim to intro one new food each week
- Read through the menu and recipes formulating a mental plan of your meals to come. This helps with grocery and prep mgt so your meals can come together easy.
- Remember to play around with recipes mindful of your taste preferences.

## Teri's EASY FOOD PREP

Use commercial conveniences such as tomato or pasta sauce, pesto or bean/veggie dips enhanced w/ chopped veggies and herbs, legumes, healthy fats (nuts and seeds etc...)

An easy go to –a salsa or pesto or humus w/ canned, cooked or sprouted beans over greens for a salad or as a dip w/ veggies like endive and baby Romaine for a snack.

Other ideas - a store bought organic tomato sauce with black bean or rice pasta with added veggies and legumes or heat the sauce with chickpeas or lentils, add veggies and curry powder. Serve either over a bed of spinach and you have a well-rounded meal.

Humus, Cashew or avocado butter is great as the cheese on a pizza or wrap which can be an organic tortilla topped with pesto or tomato sauce, veggies, legumes, organic meat, etc...

Fish cooks up quickly with a veggie stir-fry as do Quesadillas, and if you need to order out consider Mexican for burritos and enjoy with salsa, or Indian - choose tomato based sauces, or have a main course salad and top with roasted or grilled veggies like mushrooms, peppers, onions, eggplant, broccoli etc.. Tempeh and tofu... well-seasoned/marinated you'd be surprised how good it is. Try it!

## ON THE WEEKENDS

**Plan your menu** for the week ahead and check out your recipes to determine what and how much you'll need pending on how many you're feeding. Start with dinner building lunches and breakfasts around ingredients you've made extra of for new meals creations. For instance:

- ✓ Soak and cook up several large batches of legumes and high protein grains.

My suggestion is a minimum of 2-3 cups of various legumes: chickpeas / French du Puy lentils / Black turtle beans / Pinto / White kidney etc... If by chance you don't use them all – freeze in portion appropriate sizes, date and freeze for future use. Great in soups, wraps, stews, stir-fry, salad puree into dips, burgers, patties or even as a gluten-free flour replacement to make protein and fiber rich bars or squares. Keep red lentils on hand - they cook up in ten minutes or so and can be used as mentioned above. No soaking required. Split peas are fast and easy as well.

These plant based proteins go a long way in adding substance and necessary nutrients to our diet and facilitate the need for many – to reduce animal protein and refined carb consumption and increase fiber (legumes, grains, produce).

- ✓ Prep a few sauces and vinaigrettes for marinades and seasonings, dressings.
- ✓ Wash and chop hearty vegetables; pre-bag and freeze smoothie ingredients in portions
- ✓ Soak raw nuts and seeds for easy protein additions to smoothies, parfait, oatmeal etc...

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Coach clients to be prepared by keeping some essential basic staples on hand as well as prepping the basics in advance enables adherence to healthy eating objectives.

Grains and legumes are fabulous staples as they're affordable, easily storable, travel/freeze well, are nutrient /protein/fiber dense and you can use them most any way your mind conceives as a foundational ingredient in your meals.

**A LESSON IN HOW TO MAKE A ONE INGREDIENT MEAL INTO MORE.** (Sub recipe ingredients as needed)

### DINNER IDEAS

- ❏ The sweet potatoes roasted at dinner become Pumpkin Spiced parfait or top oatmeal at breakfast <http://www.terigentes.com/index.php/breakfast/342-pumpkin-spice-butter-and-pumpkin-chia-parfait> or humus for wraps and snacks ... <http://www.terigentes.com/index.php/appetizers-and-snacks/422-sweet-potato-sunbutter-humus> or African Sweet potato soup ... <http://www.terigentes.com/index.php/soups/384-sweet-potato-sunbutter-african-spiced-soup> or fill a burrito or enchilada
- ❏ Roasted walnut cauliflower crumble is used in tacos ... <http://www.terigentes.com/index.php/meatlessmains/385-roasted-cauliflower-walnut-crumble> then pizza <http://www.terigentes.com/index.php/pizzas-burgers-and-wraps/380-pizza-amazing-roasted-walnut-meat> or quesadillas... <http://www.terigentes.com/index.php/pizzas-burgers-and-wraps/teris-quick-and-easy-quesa-dias> or fill peppers or Portobello mushrooms
- ❏ Teriyaki cutlets <http://www.terigentes.com/index.php/meatlessmains/marinated-sauteed-tofu> or Tempeh <http://www.terigentes.com/index.php/meatlessmains/477-tempeh-skewers-with-sunbutter-satay-sauce> or pan grilled meat/fish <http://www.terigentes.com/index.php/fish/sexy-seared-tuna> become wraps <http://www.terigentes.com/index.php/pizzas-burgers-and-wraps/provincial-veggie-wraps>

**Trainers** – enabling your clients ability to manage meals and consume quality whole foods is one of your best upfront insurance investments. Show them how easy it is once informed. Be the trainer who stands out from the rest by addressing your clients 'whole self-wellness'. In addition to their exercise component, assist them with nutrition and stress management practices that you provide or refer them to a colleague. This is a great way to cross promo with your fellow fitness experts who specialize in those various areas and better serve the needs of your clients. Their success is your success.

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Find numerous recipes at [www.terigentes.com/recipes](http://www.terigentes.com/recipes) and the high quality suggested products both in mainstream grocers and health foods stores as well as online at [www.rawelements.ca](http://www.rawelements.ca) Use discount code **teri** for a 10% discount.

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