

**BODY BY MJ**

**ON-THE-GO  
SUCCESS PLANNER**

One of the easiest ways to make healthy nutritional habits stick is to plan ahead. Here's how I do it:

### **Plan Your Grocery List.**

Before going to the store, I make sure my kitchen is stocked with the items from my Blood Type Grocery List - this ensures I can make healthy meals at any time. Next, I check my calendar while making a shopping list and plan my meals according to where I'll be and what I'm doing. For example, if I know I'll be running errands all weekend, I'll buy foods I can pack in the cooler or eat easily while on the go.

### **Stock Up On Healthy Favorites.**

My kitchen always has easy-to-prepare, smart nutritional choices, so even when I'm in a hurry I don't have to compromise my health. If you enjoy a crunch, choose nuts and fresh cut vegetables such as broccoli or carrots, and for a sweet tooth, try fresh berries and yogurt. When healthy foods are on hand, you're less likely to reach for junk food. I often use my Ninja or Magic Bullet to whip up a batch of protein fruit smoothies, using various recipes I developed so I can boost nutrient intake.

### **Keep Healthy Options Wherever You're Going To Be.**

At the office, and your gym bag, and your car - have simple on-the-go choices that keep your metabolism burning when you're not at home. These include fruit, nuts, homemade trail mix or granola.

### **Pack A Cooler.**

If you're on the go, don't rely on restaurants, office cafeterias or vending machines for healthy options - you won't find them. I pack a cooler with mini meals everyday so I'm never far from good nutrition. Chicken breast with steamed vegetables, salads and smoothies are always easy to pack and carry. You'll need a small, soft sided portable cooler, ice packs, plastic bags, water bottles and sealable containers to stick with your Body By Mj program no matter how hectic your schedule.

✓ **Have Cooler Items Ready The Night Before.**

Even though I pack a fresh cooler each morning, I double check that I have everything I need on hand the night before. My favorite easy to pack foods include raw vegetables (cucumbers, carrots, celery, bell peppers, radishes), cooked sweet potatoes, cooked oatmeal, applesauce, hard boiled eggs, low fat yogurt, cottage cheese and unsalted nuts.

**A typical cooler pack for the day might include:**

- Oatmeal with 1 cup non-fat milk or 1 cup Almond milk.
- (5) 5 ounce servings of protein (chicken breast, canned tuna, egg whites, turkey)
- (4) 1-cup servings of complex carbohydrates
- (apples, berries, mangos)
- (5) 1 1/2 cup servings of raw vegetables
- (5) 1 cup cooked brown rice
- (6) 2 whole grain wraps
- (7) One piece whole-grain toast, dry
- 1/2 cup applesauce (to spread on toast)
- Steamed vegetables
- 1/2 cup unsalted nuts
- 2 tbsp nut butter (to eat with fruit)

\*this is a generic idea, be sure to follow your Blood Type Grocery List for food suggestions.



*Let's Go!*