

# Preparing for Food



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Last month, I wrote about stress eating, and the concept of mindfulness. This month, I thought it appropriate to follow up with food preparation. Okay, everyone come over, and I'll be more than happy to show you how to prepare some great recipes. Kind of...

There are 2 meanings to that statement. Yes I CAN show you amazing recipes, but I was thinking food preparation in preparing for any situation that may arise in your day. For the most part you know your schedule in advance, so plan accordingly. If you know it's a busy day ahead, rather than waiting until the next drive-through window becomes too tempting to pass up, keep healthy snacks with you. Things that are easy to keep without refrigeration are fruit; trail mix made with raw nuts and seeds, raisins, dried apricots, goji berries, or any other combo you'd like. If you can keep a cooler bag with you, some options are yogurt (the plain Greek style is very creamy and low in sugar); cut up veggies; and hummus. Keep healthier choices prepped and available at home for those times when you want a snack, to avoid reaching for the easiest and fastest choice, which may not be as healthy. Also have an arsenal of recipes that can be prepared with few ingredients, and take maybe 5 or 10 minutes to get together. If you're looking for suggestions or recipes, give me a call, or stay tuned for info on my newsletter, which will be available shortly. I have an unbelievable chocolate pudding recipe - 5 minutes! Hummus - 5 minutes! Carrot cake

- 10 minutes! And the best part is all my recipes are healthy, taste great, and offer great nutritional value.

If you find yourself in a situation without something with you, and need to head for the fast food, ask to see the nutritional breakdown. Fast food and some chain restaurants have that info available to allow you to make the best choices. Better yet, go surfing! Check out the websites of those places you like to stop at, and view that information online. I guarantee it will be a very eye-opening experience. Healthier choices can even be found at that popular coffee place, as well as that convenience store that's on just about every corner.

Time, or lack of it, should never be an excuse to not take care of YOU. So plan, prepare, treat yourself well, and start feeling awesome!

*For information, exercise, nutritional advice, and recipes that you can use and fit into your daily lifestyle, call me: Tami Rac, 631-793-1945, or email me: [joinus@itstimetofit.com](mailto:joinus@itstimetofit.com). I am the trainer that takes away all your excuses, and makes it easy to get healthy, strong and energized! Call me and we'll talk about how this can work for you!*