

A full-body portrait of a man with short brown hair and a friendly smile, wearing a bright blue V-neck t-shirt. He is standing with his hands on his hips in a modern, well-lit room with grey shelving units and a large window in the background. The text 'FUEL YOUR WORKWEEK' is overlaid in a white, hand-drawn style font across his midsection.

FUEL YOUR  
WORKWEEK

C H R I S   M O H R

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### WELCOME TO FUEL YOUR WORKWEEK

“Today’s busy world requires energy at the ready, and I’m here to give you smart strategies to fuel your body and mind for whatever life throws your way. Get ready to optimize your workweek and maximize your energy.” -Dr. Chris Mohr

#### **How this program works:**

During Week 1, you’ll learn how to make smart choices for every meal that will keep you operating at the top of your game throughout your workday.

In Week 2, you’ll dive a little deeper into nutrition and discover smart snacking choices for a solid boost of energy without an afternoon crash.

You’ll come out with a better understanding of how food affects your physical and mental energy, whether you’re trying to hit the gym, powering through back-to-back meetings, juggling your kids’ schedules, or doing it all at once!

#### **Our approach:**

This isn’t a magic diet where you’ll be counting calories, cutting out food groups, or buying hard-to-find ingredients that break the bank. This is a simple system that you can easily follow to build healthier habits and have more of those winning days, no matter your nutrition and fitness goals.

**Be sure to utilize [Grokker](#) along the way for more in-depth explanations of the concepts covered here.**

## ABOUT

[Chris Mohr](#) is a registered dietitian, nutrition spokesperson and consultant to numerous media outlets and corporations. He holds a PhD in exercise physiology, is a consulting sports nutritionist for the WWE, and formerly served as the consulting Sports Nutritionist for the Cincinnati Bengals. His expertise has offered him the opportunity to speak at the White House, the CIA and to audiences in over 10 countries and almost all 50 states.

He often appears on TV as a nutritional guest expert, including an appearance with Chef Emeril Lagasse, CBS's 'The Talk' and another on the Montel Williams Show. He was the nutrition consultant and expert for the NY Times Bestseller, "LL Cool J's Platinum Workout" and worked closely with Fitness Celebrity Denise Austin & Mario Lopez, to write the nutrition sections for their books.

Dr. Mohr was on the Advisory Board for Men's Fitness Magazine and has written over 500 articles for consumer publications, such as Men's Fitness, Men's Health, Muscle and Fitness, Shape and most other fitness publications. Dr. Mohr has Bachelor and Master of Science degrees in Nutrition from The Pennsylvania State University and University of Massachusetts, respectively.



**CHRISTOPHER MOHR**  
**PHD RD**

## PREPARING FOR YOUR WORKWEEK

Welcome to Day 1 of Fuel Your Workweek! We recommend starting this program on a Sunday so you can set yourself up for two successful weeks at work. There are two important steps to take before you get started:

### Get in the right frame of mind

This isn't about mentally preparing for deprivation, it's about taking a moment to think through how you want to feel at the end of two weeks. It's a great time to shift your nutrition priorities toward feeling *nourished* and *energized* above feeling full or satiated. Take a moment to write out your personal goal for this program:

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### Clear the way for healthier food – literally!

Prep your kitchen for success. If you have chips, cookies, soft drinks, etc. lying around your house, you don't have to throw it all out, but simply move them somewhere a little more difficult to find. It might seem odd, but when junk food doesn't smack you in the face as soon as you open your cabinet or pantry, you'll be less likely to eat it, and more likely to go for the yogurt or fruit instead. In any case, the healthy and delicious meals ahead will make you want to go out shopping, and you'll need that extra space!



### **BREAKFASTS TO POWER YOUR MORNING**

Let's start maximizing your energy! Before you dive into the tasty recipes, take a moment to understand the benefits of a healthy breakfast during Day 2 of the program.

#### ***3 Benefits of Breakfast***

1. A healthy breakfast will replenish your body after not eating since dinner. You've mostly been sleeping but your body is still consuming energy. If you're a breakfast-skipper, that means you don't nourish your body at all for maybe 16 hours of the day!
2. The wealth of nutrients in a balanced breakfast will give you the mental energy you need throughout the morning. Adults and kids who regularly eat a balanced breakfast are also more likely to get their recommended vitamins, minerals, fruits and vegetables.
3. Eating breakfast increases your chances of making better food decisions if you aren't famished at your next meal. When you show up to lunch starving, your body's natural instinct is to load up on immediate energy, which often means high-sugar, fast-acting carbs. In other words, when you're too hungry it may be harder to muster the willpower to eat nutritiously. Think of willpower like a muscle – when tired, it's harder to make it work.

A nutritious, fueling breakfast is one that combines complex carbohydrates with protein and a small amount of fat. Check out the recipes on the following pages for inspiration.

### SMOKED SALMON BREAKFAST SALAD (Serves 1)

You can think of this meal as a healthier and much easier twist on a salmon benedict. Instead of a muffin and heavy hollandaise sauce you've got fresh greens and olive oil to make for a meal packed with flavor and nutrition.

#### **Ingredients:**

- 2 hard boiled eggs, chopped
- 2-3 ounces of smoked salmon
- 1-2 cups of arugula
- 1 tbsp of extra virgin olive oil
- Pinch of salt

#### **Directions:**

Add the arugula to your plate, then top with smoked salmon (or other protein of choice). Then, add chopped hard boiled eggs on top and drizzle with olive oil and a pinch of salt to taste.



**Pro tip:** Make extra hard boiled eggs to have on hand each week makes for easy breakfasts and snacks!

### ENERGIZING GREEN SMOOTHIE (Serves 1)

With superfood spinach and fresh fruits, this smoothie is protein-packed and full of vitamins and minerals, all in one quick cup!

#### **Ingredients:**

- $\frac{3}{4}$  cup Greek yogurt
- 1 large handful of spinach
- 1 small apple
- $\frac{1}{2}$  cup chopped mango (fresh or frozen)
- $\frac{1}{2}$  cup ice

#### **Directions:**

Blend all ingredients for 30 seconds to 1 minute. For a thicker smoothie, blend for 30 seconds. If you prefer a thinner smoothie, add a little water and blend longer.





## FRUITY OVERNIGHT OATS (Serves 1)

You can prep this recipe the night before and enjoy right away in the morning. Soaking the oats overnight achieves the same goal of softening the oats as they soak up liquid and essentially “cook” without even heating them.

### Ingredients:

- 1/3 to 1/2 cup unsweetened almond milk
- 1/3 to 1/2 cup old-fashioned rolled oats
- 1 teaspoon hemp or chia seeds
- Topping suggestions: fruit (fresh or dried), nuts, nut butter, seeds, protein powder, granola, coconut

### Directions:

In a glass or bowl, add rolled oats, milk, and hemp seeds and mix them together. Top it with fruits like banana slices or berries, cover it to soak overnight in the fridge.



## EGGS AND GREENS WRAP (Serves 1)

Hit your protein goal and make good use of leftover veggies with this tasty breakfast option.

### Ingredients:

- 2-3 eggs
- ½ cup green veggies such as cooked broccoli or spinach
- 1 medium whole wheat tortilla
- Sprinkle of shredded cheese (optional)

### Directions:

Scramble the eggs on medium heat and warm the veggies on the stove or in the microwave. Warm your tortilla and wrap your ingredients up.



**Pro tip:** make extra veggies at the start of the week to throw into meals like this one!



## BERRY DELICIOUS YOGURT BOWL (Serves 1)

This simple but satisfying breakfast can be whipped up in no time!

### Ingredients:

- 1 cup Greek yogurt
- ½ cup berries of choice
- ¼ cup of nuts
- Additional optional toppings: sprinkle of cinnamon, 1 tbsp of hemp or chia seeds, 1 tsp of nut butter

### Directions:

Place Greek yogurt in a bowl and top with berries and nuts. Enjoy!



## **LUNCHES FOR PEAK AFTERNOON PERFORMANCE**

Now that you've explored some energizing breakfast recipes, it's time to learn how to fuel your afternoon. We're talking about lunch on Day 3 because it's important to properly fuel yourself through the longest part of your workday. Arm yourself with the knowledge and recipes in this guide to take the stress and guesswork out of your main workday meal.

### **What Makes A Nutritious Lunch?**

To effectively fuel your afternoon, the winning lunch combination is vegetables, protein, and whole grains. Sound familiar? That's because it is! These are the basic building blocks that make any healthy, energy-rich meal. This winning combo comes in many lunch-friendly forms like salads, sandwiches, and soups.

The key is to find whatever kind of lunch makes you happy and make sure it contains this winning combo of nutritional ingredients to fully power you up through the long afternoon. Maybe you're already thinking about your favorite kind of lunch, and thinking about how you can adjust it to be a little more nutritious and energy-rich, but if you need some ideas, check out the tips and recipes on the following pages.

### TIPS FOR EATING OUT AND COMPANY CATERING

It can be hard to pack lunch every day and some lucky folks even have their lunches catered at work. Here are 5 winning options for making nutritious choices during the crazy workday.

1. Salad is always a smart choice as long as it has enough protein to fuel you through the afternoon. Find a choice with chicken or tofu, beans for added protein and fiber, and a vinaigrette dressing for flavor without overdoing it on the calories.
2. Turkey, chicken, or egg sandwich with a side of veggies. Turkey and chicken are two of the leaner meats, so they pack protein without as much fat that can leave you feeling lethargic. Opt for whole grain bread to ensure you get your complex carbs in, and many cafeterias and catering offer a cooked veggie like roasted brussel sprouts, carrots or broccoli.
3. Chicken fajita bowls can have tons of protein without the heaviness of some other Mexican fare. If you're ordering it, ask them to add more protein and veggies than rice. If you're building it yourself from a salad bar or catering spread, start with protein and produce, then add the beans or rice.
4. Grilled salmon with a side of veggies and rice is another lunch that won't steer you wrong. It's the right mix of protein with the salmon, nutrients and fiber with the veggies, and a carb with the rice.
5. A grilled chicken wrap is a great grab and go option. Fill it with grilled veggies or lettuce and have a piece of fruit on the side to balance the protein with complex carbs and fiber.

**Pro tip:** If you're a vegetarian, hummus, beans, tofu and eggs make great protein sources.



### PEANUT BUTTER AND BANANA SUSHI (Serves 1)

Starting with a sprouted whole grain tortilla takes this recipe from lacking in nutrition to full of fiber and complex carbohydrates.

#### **Ingredients:**

- 1 sprouted whole grain tortilla
- 2 tbsp of natural peanut butter (or almond butter)
- 1 small to medium banana
- Sprinkle of cinnamon (optional)

#### **Directions:**

Spread your tortilla with peanut butter, then lay your banana in the center. Roll it up and slice it to look like sushi and enjoy.



### ROTISSERIE CHICKEN SALAD (Serves 1)

Rotisserie chicken from the supermarket is so versatile and can be used for quick lunches and dinners. Enjoy this recipe in a whole grain wrap, make it into a traditional sandwich or even use it as your protein for a salad!

#### **Ingredients:**

3 to 5 ounces rotisserie chicken  
¼ ripe avocado  
1 tbsp of mayonnaise  
Handful of quartered grapes  
Whole grain wrap or lettuce

#### **Directions:**

Chop or shred your chicken then mix it in a bowl with your avocado, mayo, and quartered grapes. Add to your vehicle of choice - salad, wrap or whole grain bread.



### LEFTOVERS FOR LUNCH

This recipe can be anything you want! Leftovers from dinner the night before make a great lunch as long as you remember to balance your plate.

If you purchased a whole rotisserie chicken for the chicken salad recipe, you can use the rest of it to add protein to a leftover pasta. Maybe that pasta by itself is too carb-heavy for lunch, but with chicken and a vegetable on the side you're back to a balanced plate.

Here are some ideas for making leftovers into a new meal for lunch:

#### **Rotisserie chicken** (or other cooked meat)

- Use salsa, avocado and whole wheat tortilla to create soft tacos. Ole!
- Toss chicken and pasta with some premade pesto

#### **Vegetables**

- Toss cooked vegetables into some broth with meat or beans for a quick and delicious soup
- Throw leftover veggies over some arugula or spinach for a quick salad

#### **Rice**

- Scramble a of couple eggs and toss with rice and a little soy sauce to enjoy fried rice
- Combine rice with leftover veggies and protein for a tasty lunch bowl



### VERSATILE EGG SALAD (Serves 1)

Combine eggs with what you have on hand in your refrigerator to create your own lunch masterpiece in no time.

#### **Ingredients:**

- 2 hard boiled eggs
- ¼ avocado
- 1 tsp mayonnaise
- Splash of balsamic vinegar
- Optional add ins: chopped celery, olives, grapes, hot sauce, get creative!

#### **Directions:**

Hard boil your eggs and chop them up. Mix the eggs in a bowl with avocado, mayo, and a splash of balsamic vinegar. You can then add any extras you may like such as chopped celery or grapes for texture and taste. Enjoy this as a sandwich or for topping a salad.



### TUNA PICNIC (Serves 1)

Ready for the simplest recipe yet? Create a little picnic for yourself with this tasty and nutritious recipe that will keep you full, but not weighed down.

#### **Ingredients:**

- 1 packet of tuna or salmon packed in water
- 1 medium apple
- Whole grain crackers
- Optional: cheese slices, mustard, mayo

#### **Directions:**

It doesn't get much simpler than this! Pour tuna or salmon into a bowl and spice with salt, pepper and mayo or mustard to your liking. Slice your apple and pack it all up for the next day. Optionally, this also makes for a great salad!





## EASY WORKWEEK DINNERS

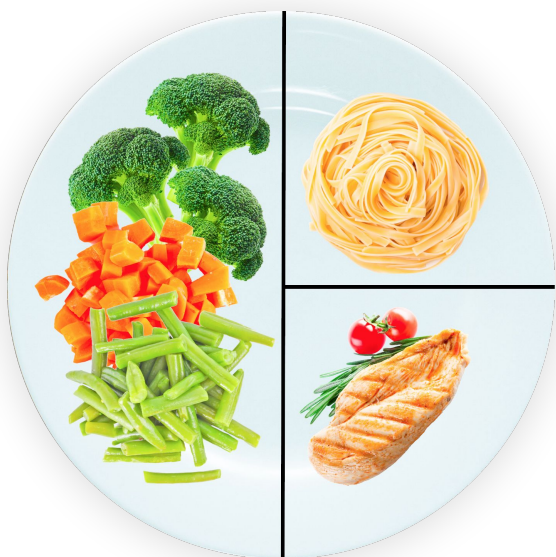
Day 4 here you come! If you started this program on a Sunday that means you're more than halfway through your workweek!

It can be tough to prepare a well-balanced meal during the workweek and not fall back on takeout. The strategies and recipes below will make cooking dinner simpler and more approachable.

### **Sit Down to Dinner**

After a long day of hustle and bustle, dinner gives you the chance to sit down and relax, eat slowly, and spend time with family. Plus, studies show that children in families who eat a sit-down dinner together are less likely to be overweight, do better in school, and have stronger family relationships.

Goal for the rest of the program: Make dinnertime a sit-down affair as often as possible. It might not be every day, but sitting down to a slower meal is a great way to decompress after a long work day, and is less likely to lead to overeating than rushed meals or distracted TV dinners.



### **Half Plate Rule**

Our winning combo of protein, vegetables, and complex carbs is at it again. While at breakfast and lunch we often combined these ingredients in a bowl or wrap, we recommend the *half-plate rule* for dinner.

First divide your plate in half. One half of the plate should be all vegetables. Now divide the other half in half again. One quarter should be lean protein, and the other quarter should be complex carbs. By following this rule, you can be confident that you're getting the energy you need and staying healthy.

## TOFU & BOK CHOY STIR-FRY (Serves 4)

This vegetarian dish is a crowd pleaser for meat-eaters and vegetarians alike! The beans and tofu both contain lots of protein, and the beans play double duty as a nutrient-rich complex carb.

### Ingredients:

- 1-2 tbsp peanut oil
- 1 can black beans
- 1 block firm tofu, cubed
- 1 bunch bok choy, chopped
- 1 tbsp soy sauce
- Minced or dried ginger to taste
- Optional topping: crushed peanuts

Directions: In a large frying pan or wok, heat the peanut oil. Add the black beans, cubed tofu, and bok choy and saute for 5-7 minutes until the bok choy is soft. Add the soy sauce and minced ginger, and stir to combine. Top with peanuts to serve.



**Pro tip:** Choose canned beans with reduced or no sodium to keep things healthy.

## ROTISSERIE CHICKEN PLATE (Serves 1)

There are so many ways to make rotisserie chicken into a healthy meal. If you're short on time at the end of the day, keep this recipe top of mind!

### Ingredients:

- 3-5 ounces rotisserie chicken
- 1 cup vegetable of choice
- ½ cup rice
- Olive oil, salt and pepper to season vegetables

### Directions:

Begin by preparing rice. If you don't have a rice cooker you can use minute rice, which comes as brown rice if you want to make it extra healthy. Then, prep your vegetables by lightly tossing them with olive oil, salt, and pepper, and quickly sauteing on the stove. Broccoli, asparagus, brussel sprouts, or spinach are all great for this method. Heat your rotisserie chicken and then plate your perfect picture of the half-plate rule: ½ sauteed veggies, ¼ chicken, ¼ rice!





## PESTO CHICKEN PASTA (Serves 1)

Here's yet another simple way to use rotisserie chicken for a healthy and delicious weekday dinner!

Ingredients:

- 3-5 ounces sliced rotisserie chicken
- 1 cup vegetable of choice
- ½ cup pasta
- 1 tbsp premade pesto
- Olive oil, salt and pepper to season vegetables

Directions: Begin by preparing pasta. Then, prep your vegetables by lightly tossing them with olive oil, salt, and pepper, and quickly sauteing on the stove. My favorite veggie accompaniment for this meal is broccoli, but any veggie you'd like is a great choice! Heat your rotisserie chicken, and mix it into the pasta along with your store-bought pesto, then plate!



## BUILD-YOUR-OWN TACOS (Serves 4)

Tacos make an easy meal where you can choose your favorite protein like beef, chicken, or tofu.

### Ingredients:

- Protein of choice: beef (2 pounds), chicken (2 pounds) or tofu (1 container)
- 1 onion
- 1 bell pepper
- 1 large zucchini or two medium
- 1 can black beans
- Cheddar cheese
- 1 avocado
- Corn tortillas
- Optional: pico de gallo or hot sauce

**Directions:** Slice your vegetables and cut protein into bite-sized pieces. Then, preheat a large frying pan with a little bit of oil. Saute your vegetables for 3-4 minutes until soft, then add protein and heat until cooked through. You can prep your other ingredients in between stirring or get them ready ahead of time.



**Pro tip:** Not a fan of tortillas? Make this recipe into a bowl!



## HEARTY DINNER SALAD (Serves 3)

At the end of the week, making a hearty dinner salad is a great way to use up leftover ingredients from previous meals. Have some leftover rotisserie chicken, tofu, or taco beef? Use it as the protein in a salad along with any leftover vegetables and some sprinkled cheese, all on a generous bed of greens. If you don't have leftovers to spare, give this hearty dinner salad recipe a try.

### **Ingredients:**

$\frac{3}{4}$  cup cooked quinoa  
1  $\frac{1}{2}$  cups tomatoes, quartered  
 $\frac{1}{3}$  cup tender stem broccoli  
 $\frac{1}{4}$  cup basil, roughly chopped  
Optional: additional protein  
like chicken or tofu

### **For the dressing:**

1 inch ginger, finely chopped  
2 tbsp olive oil  
1 tsp brown rice vinegar  
 $\frac{1}{2}$  an apple, grated  
Pinch of sea salt



### **Directions:**

Start by cooking your quinoa or weighing out the correct amount of pre-cooked quinoa. Place in a bowl and cool if necessary. Finely chop the raw broccoli so that each piece is about the size of a nut. Add this to the bowl of quinoa with the tomatoes and basil and combine together. Next, make the dressing by combining all of the ingredients together in a glass and mixing really well until incorporated. Pour over the quinoa mixture and combine together.

## WORKDAY SNACKING IDEAS

Sometimes we need a little pick-me-up between meals. And snacking can be good for you if it provides a boost of healthy energy. Remember that our goal isn't a diet where we restrict our intake to lose weight, it's being more mindful about what we do eat to make nutritional choices that maximize our energy. So on Day 5, let's look at tactics for smart snacking:

**Snack with purpose.** Start thinking mindfully about when you need to snack and try to only snack if you're actually hungry. That way, snacking fulfills the goal of keeping you fueled rather than mindlessly adding excess calories throughout the day.

**Identify your slump time.** Do you find a need for extra energy more often in the afternoon or perhaps late morning when breakfast starts to wear off? For others it's right when you get home from work. Everyone is different and there's not a guideline on the "best" time to snack.

Whenever you feel low on energy, try to identify the time it commonly hits you and why so that when you do snack, you do it with the purpose of re-energizing yourself.

**Reach for nutrient-rich foods.** Remember our three elements! Complex, fiber-rich carbs, lean protein, and healthy fats.

Greek Yogurt	Jerky	String Cheese	Veggie & hummus
Nuts	Avocado	Packet of tuna	Nut butter

### HYDRATION AT WORK

Now that you're a pro at choosing fueling meals throughout the day, let's take your knowledge to the next level for the remainder of the program! You can tackle each point one day at a time or skim the information as needed. This guide is always here for you to refer back to during and after the program.



Although water itself doesn't provide any energy, from a calorie standpoint, it has a huge effect on body functions like circulation and digestion, which impact how you feel and function. When you're fully hydrated you think more quickly and have better focus, memory, and mental clarity.

How much water should you drink? Generally speaking, men need about 3 liters of water a day (about 15 cups), and women need about 2 1/4 liters (about 11 cups). Sounds like a lot, but we already get some water in our food or in other beverages we consume. Fruits and vegetables have the highest water content and some like lettuce, broccoli, watermelon, and grapefruit are even over 90% water. So drink (and eat) up!

The best way to stay hydrated throughout the day is carry your own water bottle. There are many great ones on the market today that keep your water cold for hours at a time!

## MINDFUL INDULGING

Social plans generally come with temptations like sweets, alcohol, fried foods and “heavy” meals. And fueling your body well with Monday through Friday and then doubling the amount you eat over the weekends is not a great long term health strategy. So what should you do? Let’s explore three ways to help you enjoy your weekends and social events without derailing your nutrition progress.

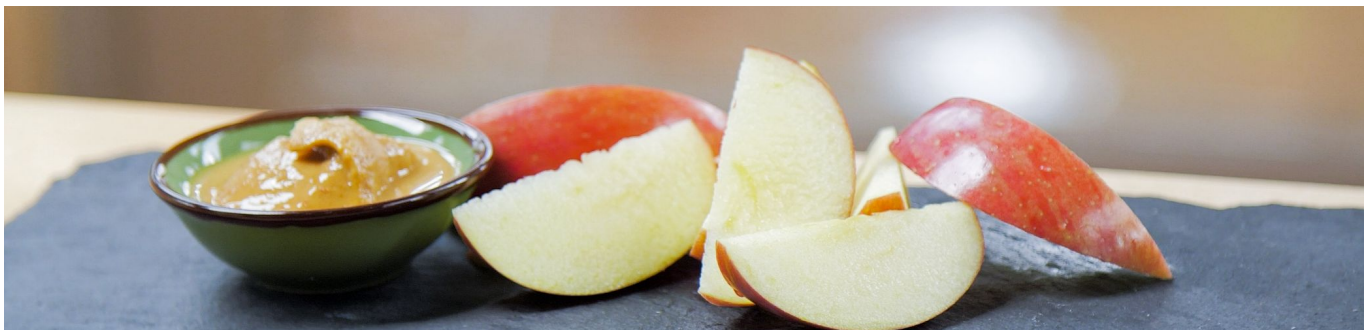
1. Enjoy yourself in moderation. Turn your focus to end game, not the immediate gratification when enjoying yourself. That way you can indulge and enjoy that piece of cake and not derailing your progress.
2. Plan your day for success. If you have a party later in the day where you know there will be indulgent foods, plan to have a nutritious breakfast and healthy snack beforehand to avoid going overboard at the party. As a bonus, you’ll have sustained energy to catch up with your friends and enjoy your time!
3. Plan a reward for eating well. This could be cooking your favorite meal, going out to your favorite restaurant or just going out for ice cream. And it doesn’t have to be food-related! Think about some things you love to do like seeing a movie or going for a hike. Consciously indulge in moderation to guard against over-indulging!



## SURRENDERING TO SUGAR

Do you have a candy bowl in the office kitchen or on someone's desk that calls to you every time you pass it? Surely a tiny little piece of candy is no big deal, right? This is again where conscious indulgence comes into play. What you don't want is mindless eating and an afternoon sugar crash. Let's take a look at what happens in your body when you "surrender to sugar" and a better alternative that will give you more energy over a longer period of time.

Sugar is a simple carb, meaning it's digested quickly compared to complex carbs. When you consume sugar and it's quickly digested, your blood-sugar levels spike – this is the "sugar rush" we've all heard about, and you might feel really alert and energetic for a little while, but sugar rushes only last for about 30-40 minutes.



Because your body wants to use this sudden overabundance of energy, it starts producing insulin, which is the hormone that helps cells absorb sugar. Your body then consumes this sugary energy quickly, and brings your blood sugar back down as quickly as it rose, which can leave you feeling wiped out all of a sudden.

If you want to cut back on sugar, the best substitute is to try something else sweet that also has nutrition, like fruit! While candy and other added sugars themselves do not provide any nutritional value, fruit, on the other hand, has significant nutritional benefits that will power your body better and for longer, while still satisfying you with something a bit sweet.



## CAVING TO CARBS

Does your office supply pastries and donuts at company meetings? The challenge with these types of foods is that they have virtually zero nutritional value, they're loaded with fat and they contain tons of sugar without any fiber. This isn't a war against carbs, but let's take a look at why whole grains are generally a better source of energy to power your workday.

"Whole grains" is a vaguely healthy term you've probably heard and seen on packaging but might not understand. In whole grains, the bran and germ of the wheat stalk have not been stripped off – the whole grain is still intact – and as a result whole grains contain tons more fiber, protein, and nutrients, in their natural abundance. Aiming for whole grains rather than refined grains most of the time is ideal.

So instead of that donut, what should you turn to? If you're trying to grab something on the go, what about one of the quality bars that's available? A general rule of thumb to follow is to aim for at least 5 grams of fiber, 10 grams of protein and no more than 5 grams of sugar per every 100 calories.



## THE PROBLEM WITH PROCESSED

You might have heard it's best to avoid processed food, but why? Let's demystify this term and discuss what to look for instead.

### **What is processed food?**

Technically, any food that has gone through any type of preparing, changing, adding or subtracting ingredients has been “processed.” An unpeeled apple is totally, completely, 100% unprocessed. Cut it up into slices, and technically it's processed, but it's still 100% apple. Does that make it processed?

We're trying to confuse the topic on purpose because food processing is a wide spectrum, and some types of processing can actually be good! Milk fortified with Vitamin D and Calcium, for example, can help you get enough of these vitamins and minerals if you don't have enough natural sources of them.

### **Spotting over-processed foods**

What you want to watch out for is over-processed foods, especially ones that have been processed for flavor and shelf life rather than nutrition like chips and other salty snacks.. Even seemingly healthy snacks like dried fruit can also be overly-processed while hiding behind “all-natural” marketing. Next trip to the market, take a few extra minutes to look at the ingredients list on foods you're planning to purchase. If you can't pronounce most of the ingredients, chances are that it's processed.

### **Alternatives**

Unsalted nuts and fruit contain that winning combo of wholesome complex carbs, protein, vitamins and minerals, and can scratch your itch for an easy savory or sweet snack that energizes you and avoids added sodium and sugar. Some dairy products like cheese and yogurt also contain lots of healthy energy, but are ones where you want to read the ingredients to make sure they don't have added sodium or sugar.

## FORGETTING YOUR FIBER

Let's take a look at fiber today! There are several benefits of eating a high fiber diet such as regulating blood sugar levels and helping keep you regular.

Fiber is a type of carb, but it's not digested and absorbed into the bloodstream like sugars and starches. Instead, fiber plays its part in your stomach and the rest of your digestive system to help create sustained energy throughout the day. Unfortunately the average person is only eating about  $\frac{1}{3}$  -  $\frac{1}{2}$  of the total amount of fiber needed daily.

Fiber comes in two types, soluble or insoluble fiber. Soluble fiber absorbs water, which is what gives it many of its digestive benefits, and insoluble fiber doesn't absorb water but still plays an important role.

So what should you snack on or include in meals if you feel you're not getting enough fiber? We may sound like a broken record at this point, but the answer is to eat more whole grains, fruit, and veggies! While the skins of many fruits and veggies are highest in fiber, all of their parts contain lots of fiber, natural sugar, and wholesome energy. Nuts and seeds are another high fiber option that makes a great snack, along with hummus and even some bars, if you're on the go.



## ACQUIESCING TO ALCOHOL

You're almost at the end of the program, congrats! Before we wrap, let's look at something that has a big effect on your energy levels, alcohol. The occasional happy hour doesn't hurt your long term health, but unfortunately drinking on the regular can interfere with another important element of your health, sleep.

Many people think alcohol is an effective sleep aid. There's some truth to this because alcohol does help you fall asleep faster, but you pay for it in the second half of the night. That's because many studies have shown that alcohol negatively impacts REM sleep, or rapid eye movement sleep. REM sleep is a stage of sleep that comes in repeating phases starting about 90 minutes after you fall asleep, and is thought to be when the body does most of its restorative work. When you don't get enough deep REM sleep, it can lead to feeling groggy, drowsy, and unable to concentrate the next day.

So if you want to get a better sleep but also want to enjoy a drink from time to time, what should you do? Here are three tips:

**Cut back!** Rather than your usual 3-4 drinks on a Friday night, try cutting that down to 1-2. The effect will add up over time.

**Enjoy alcohol along with food and water.** If you enjoy a glass of wine or beer over a meal, also drink water during and after the meal to give your body a boost in metabolizing alcohol before you go to sleep

**Leave a buffer.** Aim to leave at least two hours between your last drink and when you get to bed. With at least two hours your body has some time to metabolize the alcohol before you go to sleep without interfering.

[If you're looking for more resources to get a better night's sleep, Grokker is full of great sleep videos and programs!](#)



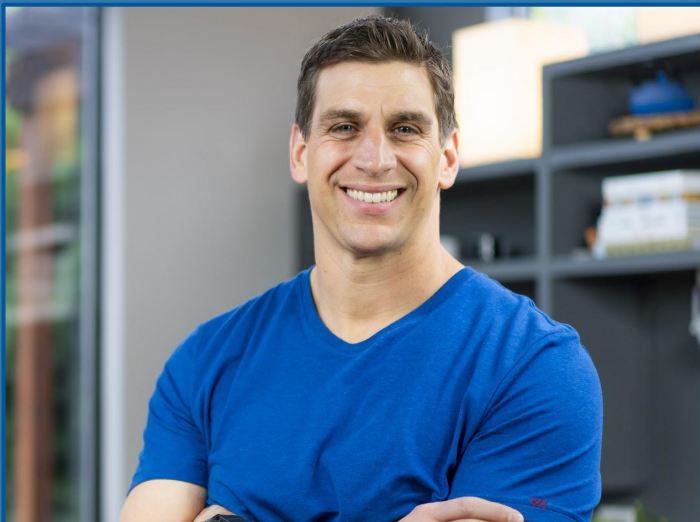
## RINSE & REPEAT

You've made it to the end of the program, congrats! We hope you've been feeling a positive change in your energy level, motivation, and readiness to take on the world. Before we say goodbye, let's recap a few of the most important lessons from this program.

You've probably picked up on a few recurring themes by now. One of these is to opt for whole, simple foods whenever you can. This isn't to say that you should never eat out or buy prepared foods, but just be more mindful of ingredients is one huge step towards eating more wholesome, energy-rich foods.

The other nutritional lesson to remember going forward is to always be looking out for that winning combo that makes a healthy, energy-rich meal or snack - complex carbs, lean protein, fruits, veggies and healthy fats! We promise, that's the last time we'll say it. ;)

Combine those lessons with planning ahead, the half plate rule, and mindfully indulging, and you'll be well on your way to a more energized workweek!



**Grokker is a great resource for exploring more nutritious workweek meals!**