



**The most common question I get is “how do I be healthy and go out to eat?” OR “go on vacation?” OR “go to a bbq?” So I created this guide to stay fit, feel fabulous, and have fun!** Whether you're lounging by the beach, rocking that summer party, or unleashing your inner master chef in the kitchen, we've got the tips and tricks to make your life a healthy and happy one! Get ready for a life full of tasty adventures without compromising your well-being!

In this guide, we're serving up a platter of witty advice, sizzling tips, and mouthwatering recipes that will keep you feeling fabulous and energized. So, grab your shades, dive into our virtual pages, and let's make this summer the healthiest, happiest, and most delicious one yet!

## Stay Fit While Having Fun

**1. Mindful Moderation:** Opt for smaller portions, share two meals with three people or sample a variety of dishes instead of going all-in on one indulgence. This way you can satisfy your cravings while keeping your overall intake in check.

**2. Choose Healthier Options:** Look for healthier alternatives or modifications of your favorite treats. Swap fried foods for grilled options, choose whole grain options over refined grains, and opt for lower-sugar or lighter versions of beverages. One of my favorite drinks is a gin and tonic, if I get diet tonic water it has zero calories and I can't even taste the difference. That saves me 20+ grams of carbs = 80+ calories.



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**3. Hydrate, Hydrate, Hydrate:** Keep yourself hydrated throughout the day, especially when consuming alcohol. Drink water between alcoholic beverages to stay refreshed and help moderate your alcohol intake. Drink electrolytes in your water especially when it's hot and humid outside.

**4. Include Nutrient-Rich Foods:** Prioritize nutrient-dense foods like fruits, vegetables, lean proteins, and whole grains in your meals. They provide essential vitamins, minerals, and fiber to support your overall health. They also give you the most nutrients for the calories so you can spend those calories on fun things!

**5. Balance Your Plate:** Aim to create a balanced plate by including a variety of food groups. Fill half your plate with colorful vegetables, one-quarter with lean protein, and one-quarter with whole grains or starchy vegetables.

**6. Move and Groove:** Engage in physical activities that you enjoy during your vacation or social events. Go for a swim, dance the night away, take a scenic hike, or join in on beach games. Staying active not only burns calories but also adds to the fun factor.

**7. Practice Portion Control:** Be mindful of portion sizes, even when indulging. Slow down and savor each bite, allowing yourself to fully enjoy the flavors and textures of your treats without overeating. Take at least 20 minutes to eat so your body knows it's getting food and you feel full, not stuffed.

**8. Prioritize Sleep and Rest:** Getting adequate sleep and rest is essential for your overall well-being. Aim for quality sleep to help maintain energy levels, support digestion, and reduce cravings. 7-9 hours a night is a great number to aim for.

**9. Socialize and Connect:** Focus on the company and social aspect of your gatherings. Engage in conversations, laughter, and create memorable experiences with your loved ones, which can often be more fulfilling than solely focusing on food and drinks.



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By implementing these strategies, you can have a great time, savor the flavors, and make health-conscious choices that align with your well-being goals. Enjoy the moment and find joy in creating a harmonious balance between health and indulgence.

### Dine with the locals without derailing your progress

When vacationing and dining out, here are five healthy meal options you can consider ordering at a restaurant:

**1. Grilled Chicken or Fish with Vegetables:** Look for a dish that features grilled chicken breast or fish, such as salmon or tilapia, served with a side of steamed or grilled vegetables. Request minimal oil or sauce, and ask for any dressings or sauces on the side to control the amount you use.

**2. Salad with Lean Protein:** Opt for a salad that includes a variety of fresh vegetables, mixed greens, and a lean protein source like grilled chicken, shrimp, or tofu. Choose a vinaigrette dressing and request it on the side, allowing you to control the portion and avoid excessive calories.

**3. Stir-Fried or Steamed Vegetables with Brown Rice:** Many restaurants offer a vegetable stir-fry or a vegetable medley that can be served with brown rice. This option provides a good balance of fiber, vitamins, and minerals. Ask for light seasoning and minimal oil during preparation. If you're not a vegetarian then get a protein on the side.

**4. Veggie-Based Pasta:** Look for pasta dishes that incorporate plenty of vegetables, such as primavera or marinara with added vegetables like mushrooms, spinach, and bell peppers. Opt for whole wheat or gluten-free pasta if available to increase the fiber content.

**5. Sushi Rolls, Sashimi, and Vegetables:** Sushi can be a healthy choice when selecting rolls made with fresh fish (e.g., tuna, salmon) and nutrient-rich vegetables like cucumber and avocado. Choose rolls wrapped in seaweed (nori) or request brown rice instead of white rice for added nutritional benefits. Sashimi is pure protein so get 3-4 pieces of it and minimize the carbs in your meal.



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Remember, it's always a good idea to check the menu for healthier options or request modifications to make your meal more nutritious. Don't hesitate to ask your server for more information about the ingredients and preparation methods. Enjoy your dining experience while making mindful choices for your well-being! The restaurant is there for your pleasure so they will make accommodations to whatever you want, for a price of course, but if you are happy, they are happy.

## Burn Fat and Build Muscle anywhere you roam in 30 minutes or less!

### Day 1: Strength Training

- Warm-up: 5 minutes of light cardio (e.g., jogging in place, jumping jacks)
- Circuit:
  - 1. [Body weight or DB squats](#) 3 sets of 10-12 reps with a 2 second hold at the bottom
  - 2. [Push-ups](#) (or [modified push-ups](#) on a counter) 3 sets of 10-12 reps
  - 3. [Walking lunges](#): 3 sets of 10-12 reps (each leg)
  - 4. [Bent-over dumbbell](#) or [resistance band rows](#): 3 sets of 10-12 reps
- Cool-down: 5 minutes of dynamic stretching: [inch worms](#), [samson stretch](#) and [down dog](#).

### Day 2: Cardio

- Warm-up: 5 minutes of dynamic stretches (e.g., leg swings, arm circles, monster walks, etc..)
- Workout:
  - Interval Training: Alternate between 30 seconds of high-intensity exercise (e.g., sprints, burpees) and 30 seconds of active recovery (e.g., jogging in place, walking) for a total of 15 minutes.
- Cool-down: 5 minutes of light cardio (e.g., brisk walking) followed by stretching

### Day 3: Strength Training

- Warm-up: 5 minutes of light cardio (e.g., jumping jacks, marching in place)
- Circuit:
  - 1. [Body weight or DB squats](#) 3 sets of 10-12 reps
  - 2. [Dumbbell](#) or [resistance band chest press](#): 3 sets of 10-12 reps
  - 3. [Deadlifts](#) (with dumbbells or kettlebells): 3 sets of 10-12 reps
  - 4. [Plank](#): Hold for 30 seconds to 1 minute and rotate from front to side to side every 20 seconds





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- Cool-down: 5 minutes of stretching

### Day 4: Rest Day

### Day 5: Cardio

- Warm-up: 5 minutes of light cardio (e.g., jogging, jumping jacks)
- Workout:
  - Steady-State Cardio: Choose an activity such as running, cycling, or swimming and perform at a moderate intensity for 20-30 minutes.
- Cool-down: 5 minutes of light cardio (e.g., walking) followed by stretching

### Day 6: Strength Training

- Warm-up: 5 minutes of light cardio (e.g., marching in place, arm swings)
- Circuit:
  - 1. [Walking Lunges](#): 3 sets of 10-12 reps (each leg)
  - 2. [Dumbbell](#) or [resistance band shoulder press](#): 3 sets of 10-12 reps
  - 3. [Bent-over dumbbell](#) or [resistance band rows](#): 3 sets of 10-12 reps
  - 4. [Russian twists](#): 3 sets of 10-12 reps (each side)
- Cool-down: 5 minutes of stretching

### Day 7: Rest Day

\*Remember to listen to your body, modify exercises as needed, and always prioritize proper form. It's also essential to consult with a healthcare professional before starting any new exercise program. Enjoy your fat-burning workouts and stay consistent to see results!

## Make the Summer Sizzle in your kitchen!

We've got you covered for breakfast, lunch, dinner, snacks, dessert, and drinks! Be your own version of fun with these delicious, healthy recipes!

### Healthy Breakfast Recipes

#### Tropical Overnight Oats:

- Ingredients: ½ cup rolled oats, ½ cup unsweetened almond milk, ½ cup diced mango, 2 tbsp shredded coconut, 1 tbsp chia seeds, a drizzle of honey or maple syrup.
- Instructions: In a jar, combine oats, almond milk, chia seeds, and honey/maple syrup. Stir well and refrigerate overnight. In the morning, top with diced mango and shredded coconut. Enjoy!



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### Berry Avocado Smoothie Bowl:

- Ingredients: 1 ripe avocado, 1 cup mixed berries (strawberries, blueberries, raspberries), 1 frozen banana, 1 cup spinach, ½ cup almond milk, 1 tbsp honey or agave syrup, toppings of choice (e.g., granola, sliced almonds, chia seeds).
- Instructions: Blend avocado, mixed berries, frozen banana, spinach, almond milk, and honey/agave syrup until smooth. Pour into a bowl and top with your favorite toppings. Dive in and start your day with a burst of fruity goodness!

### Veggie Breakfast Tacos:

- Ingredients: Whole grain tortillas, scrambled eggs (or tofu scramble for a vegan option), sliced avocado, cherry tomatoes (halved), baby spinach, salsa, salt, and pepper.
- Instructions: Warm the tortillas in a pan. Fill each tortilla with scrambled eggs/tofu scramble, avocado slices, cherry tomatoes, and baby spinach. Add a dollop of salsa and sprinkle it with salt and pepper. Roll up and enjoy the savory goodness!

## Healthy Lunch Recipes

### Grilled Chicken and Quinoa Salad:

- Ingredients: Grilled chicken breast (sliced), cooked quinoa, mixed greens, cherry tomatoes, cucumber (sliced), feta cheese (crumbled), fresh basil (chopped), lemon vinaigrette dressing.
- Instructions: In a bowl, combine mixed greens, cooked quinoa, cherry tomatoes, cucumber slices, and feta cheese. Top with grilled chicken slices and sprinkle fresh basil over the salad. Drizzle with lemon vinaigrette dressing and toss gently. Voila! A refreshing and satisfying summer salad.

### Greek Wrap with Tzatziki Sauce:

- Ingredients: Whole wheat wrap, grilled chicken or falafel, cherry tomatoes (halved), cucumber (sliced), red onion (thinly sliced), Kalamata olives (pitted and halved), crumbled feta cheese, tzatziki sauce.
- Instructions: Lay the wrap flat and spread tzatziki sauce. Add grilled chicken/falafel, cherry tomatoes, cucumber, red onion, Kalamata olives, and crumbled feta cheese. Roll it up tightly, slice in half, and enjoy a taste of Greece on-the-go!



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### Healthy Snack Recipes

#### Watermelon Feta Bites:

- Ingredients: Watermelon cubes, feta cheese (cubed or crumbled), fresh mint leaves.
- Instructions: Skewer a watermelon cube, followed by a feta cube, and finish with a fresh mint leaf. Arrange the skewers on a platter for a refreshing and savory summer snack.

#### Greek Yogurt Parfait:

- Ingredients: Greek yogurt, mixed berries (such as strawberries, blueberries, raspberries), granola, honey or agave syrup.
- Instructions: Layer Greek yogurt, mixed berries, and granola in a glass or jar. Repeat the layers. Drizzle with honey or agave syrup for added sweetness. Dive in with a spoon and enjoy the delightful combination of textures and flavors!

#### Veggie Stuffed Mini Peppers:

- Ingredients: Mini sweet peppers, hummus, assorted chopped vegetables (such as cucumbers, carrots, bell peppers, cherry tomatoes), fresh herbs (optional).
- Instructions: Slice mini sweet peppers lengthwise and remove the seeds. Fill each pepper with a dollop of hummus. Top with assorted chopped vegetables and garnish with fresh herbs if desired. These colorful and crunchy bites will keep you snacking happy all summer long!

### Healthy Dessert Recipes

#### Frozen Banana Pops:

- Ingredients: Ripe bananas, Greek yogurt, shredded coconut, chopped nuts, dark chocolate chips (optional).
- Instructions: Peel bananas and cut them in half. Insert popsicle sticks into each banana half. Dip each banana into Greek yogurt, then roll in shredded coconut, chopped nuts, or dark chocolate chips. Place on a parchment-lined tray and freeze until firm. Enjoy these refreshing and guilt-free frozen treats!

#### Berry Chia Pudding:

- Ingredients: Chia seeds, almond milk (or any milk of choice), mixed berries, honey or maple syrup, sliced almonds (optional).
- Instructions: In a jar or bowl, mix chia seeds and almond milk. Stir well and let it sit for a few minutes. Add mixed berries and sweeten with honey or maple syrup. Refrigerate for at least 2 hours or overnight until the mixture thickens. Top with sliced almonds for added crunch and dig into this fruity, nutrient-packed dessert!



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### Grilled Pineapple with Cinnamon:

- Ingredients: Fresh pineapple slices, ground cinnamon, honey.
- Instructions: Preheat grill to medium heat. Grill pineapple slices for 2-3 minutes per side until they have grill marks. Remove from the grill and sprinkle with ground cinnamon. Drizzle with honey for a touch of natural sweetness. This simple and delicious grilled dessert will leave your taste buds craving more!

### **Refreshing and healthy mocktail recipes**

#### Watermelon Mint Cooler:

- Ingredients: 2 cups watermelon chunks (seedless), 1 tablespoon fresh lime juice, 4-5 fresh mint leaves, sparkling water or soda water, ice cubes.
- Instructions: In a blender, blend watermelon chunks, lime juice, and fresh mint leaves until smooth. Strain the mixture to remove any pulp. Fill a glass with ice cubes, pour the watermelon mixture over the ice, and top it off with sparkling water or soda water. Stir gently and garnish with a mint sprig. Sip and stay cool!

#### Pineapple Ginger Fizz:

- Ingredients: 1 cup pineapple juice, ½ cup ginger ale (or ginger beer for a spicier kick), 1 tablespoon fresh lime juice, lime slices for garnish, ice cubes.
- Instructions: In a glass, combine pineapple juice, ginger ale, and fresh lime juice. Add ice cubes and stir gently. Garnish with lime slices and enjoy the tropical and zesty flavors of this delightful mocktail!

#### Cucumber Lime Spritzer:

- Ingredients: ½ cucumber (sliced), 2 tablespoons fresh lime juice, 1 tablespoon agave syrup (or honey), sparkling water or soda water, fresh mint leaves, ice cubes.
- Instructions: In a blender, blend cucumber slices, lime juice, and agave syrup until smooth. Strain the mixture to remove any solids. Fill a glass with ice cubes, pour the cucumber mixture over the ice, and top it off with sparkling water or soda water. Stir gently and garnish with fresh mint leaves. Sip and feel refreshed!

These mocktails are not only delicious and hydrating but also offer a burst of flavors that are perfect for warm summer days. Enjoy sipping these delightful creations and savor the taste of summer without the alcohol (but feel free to add at your discretion ;) )





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Enjoy these tasty and healthy recipes! They'll keep you fueled, refreshed, and satisfied throughout the year.

From summertime and beyond, I am here to help you reach your goals! You don't have to do it alone. My proven system has helped hundreds of people discover their healthiest life.

Use [this link](#) so we can chat about making the journey to the best you easy, fast, and fun! Can you make this stand out more like you did with the last one? Thanks

**Be Healthy, Live Healthy**

**~Coach Brant**

**Get Started Today!**

Brant@nutrition1stcoaching.com

505-710-5148