



# FITINDISS FITNESS

WELCOME TO OUR

## ✦ Monthly Newsletter



### Fitindissfitness

Busy schedule? No problem. This month, I'll share quick meal ideas that fit into even the busiest routines, plus tips on eating well when dining out. Eating clean doesn't have to be complicated, and these hacks will keep you fueled without the fuss.

Slowing down while you eat, has so many benefits.

Life sometimes gets in the way, I get it. Quick doesn't have to mean fast foods.

### In this newsletter you will find:



- Quick and nutritious meal ideas.
- How to meal prep without the fuss.
- Staying on track while eating out.



## Quick and Nutritious Meal Ideas

Some days are just a lot. When you're juggling work, kids, routines, emotions, all of it, eating well can feel like the last thing on the list. But it matters. I just keep it simple. Warm oats with cinnamon and a bit of protein in the morning. Rice bowls with lentils, sautéed greens, and a spoon of cottage cheese for lunch. Sometimes a smoothie with and a scoop of protein if I need something fast.

I try to pay attention to how food feels, not just how it looks. It's not just about what's "healthy" on paper, but what my body is asking for.

If I'm feeling spacey or anxious, I go for something warm and grounding. If I'm heavy or sluggish, maybe something lighter with herbs or a digestive tea.

Quick meals can still be nourishing. They don't have to be fancy. They just have to come from a place of care...



## How to Meal Prep Without the Fuss

Honestly I don't have time for some big meal prep session that takes all day. I just pick a few things I like and make enough to last. I'll roast a tray of veggies, cook some sweet potatoes make some chic peas or a beyond meat, and prep a sauce I can use all week. I don't overthink it.

I'm not into perfect containers or fancy labels.

I just want food in the fridge that feels good and keeps me from grabbing junk when I'm tired.

Sometimes I plan out extras as well incase I'm not feeling my prep at that moment. It's less about the "what" and more about checking in with what my body actually needs. That's meal planning for me. Flexible, seasonal, and based on how I'm feeling...



# Staying on Track While Eating Out..

I used to overthink eating out. Now I don't. If I'm going out, I check in with myself first. Am I actually hungry or just stressed? What sounds good, and what's going to leave me feeling good after? I usually look for something warm and simple, a soup, stir-fry, or rice bowl.

Something cooked and easy to digest. But if I want fries or a dessert, I have it.

I'm not here to stress about every bite.

Staying on track doesn't mean being strict or skipping out on fun.

It means staying connected to yourself.

Knowing how you want to feel after the meal. You can eat well and still enjoy yourself.

Laugh.

Try something new.

Share a plate.

I just want to remind people that how we eat matters just as much as what we eat.

The state we're in, who we're with, how we're feeling, it all plays a role.

Sometimes that means a big, nourishing meal.

Sometimes it's just something light while you enjoy good company.

Either way, it all counts. It's not about control. It's about care.



**I will always share as much free information as I can.**

I genuinely want to see everyone succeed, and I'm always happy to share valuable information or insights from the heart if it can help someone in any way.

NEW WEBSITE [FITINDISSFIT.CA](http://FITINDISSFIT.CA)

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