

# Smart Eating for Well-Being



## Smart Nutrition: Power Through Your Workday with Energy to Spare

We all want to wake up feeling great each day and lead long, happy lives. Numerous studies have shown that the right nutrition plays a powerful role in this. Smart Nutrition and a healthy lifestyle will help you work smarter and safer.

### Imagine Feeling Your Best Every Day

So many of us struggle through the day with challenges that drag us down, make us less effective at work and create situations that compromise our safety. These challenges may cause us to be less present in social situations and less successful at achieving our personal goals. Many people experience the following periodically:

- Difficulty getting started in the morning
- Energy slumps in the late morning and afternoon
- Recurrent headaches
- Sore muscles and joints
- Mind fog
- Feeling stressed by normal daily tasks
- Chronic pain

Smart Nutrition can help you address these common conditions and help you feel better than you have in years!

### Benefits of a Comprehensive Nutrition Philosophy

- Consistent energy
- Greater mental clarity
- Improved mood
- Fewer headaches
- Less muscle and joint pain
- Better stress management
- Greater safety on the job
- Improved health
- Healthier weight

### Nourishing is Different From Eating

You wouldn't try to drive your car on an empty fuel tank or fill it with low quality fuel, so why expect your body and mind to perform well with anything less than high quality food? If you are committed to feeling your best and reaching your full potential, it is time to feed your body the Smart Nutrition it needs to thrive.

The right foods propel you toward a better lifestyle; the wrong foods zap your energy and depress your mood. Learn about the energizing effects of slow carbs, healthy fats and oils and nourishing home-cooking, and learn how to avoid energy-draining and inflammatory foods. Learn how to identify specific foods that help address your individual health concerns and discover delicious, easy recipes for nourishing meals and snacks. Along with adequate sleep and proper hydration, nourishing foods are at the core of wellness and safety.

### Craft Your Personal Nutrition Philosophy

Once you have learned to distinguish between foods that help you thrive and those that drag you down, you can create a well-rounded personal nutrition philosophy that incorporates the core elements of Smart Nutrition: hydration, sleep and physical activity. Get off the energy roller coaster by incorporating lifestyle changes in a way you can sustain by taking baby steps and setting personalized, achievable goals.

### Feel Better Than You Thought Possible

Whether you deal with achy muscles and joints or struggle with daily stress and mind fog, you can feel better soon. The poor habits that have gradually eroded your health and vitality can be quickly turned around by following a personalized philosophy based on Smart Nutrition.

You will soon discover just how good you can feel!

#### CONTACT US

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## Smart Nutrition Recipes for Meals & Snacks

### ***Breakfast: Baked Eggs, Ham & Spinach***

*Serves 4*

#### *Ingredients*

2 tablespoon unsalted butter  
¼ cup onions, minced  
8 ounces all natural, nitrate-free ham, diced  
4 cups spinach, chopped  
8 large eggs  
⅛ teaspoon black pepper

#### *Directions*

Preheat oven to 350 degrees. Grease an 8x8-inch baking dish.  
In a large sauté pan, heat butter over medium heat.  
Add the onions and ham and cook until onions are soft and ham is browned, about 5-6 minutes.  
Stir in spinach, remove from heat and cool slightly.  
Whisk eggs and pepper; add to onion, ham and spinach mixture.  
Transfer to baking dish; bake 20-25 minutes, until eggs are set.

### ***Snack: Sweet & Savory Energy Bites***

*Makes 16*

#### *Ingredients*

1 cup old fashioned (regular) oats  
⅔ cup creamy peanut butter, or other nut butter  
½ cup coconut flakes with no added sugar  
½ cup dates, finely chopped  
¼ cup ground flax seed  
¼ cup semisweet mini chocolate chips  
¼ cup sunflower seeds  
1 teaspoon vanilla extract  
½ teaspoon cinnamon  
¼ teaspoon kosher salt

#### *Directions*

Stir all ingredients together in a medium bowl until thoroughly mixed. Cover and chill in refrigerator for half an hour.  
Roll into golf ball-sized balls, about two tablespoons each. These taste even better the next day, after the flavors blend.  
Store in an airtight container, refrigerated, for up to 1 week. Make in batches and freeze for months.

### ***Lunch: Chicken Pinto Rice***

*Serves 6*

#### *Ingredients*

1½ cups dry brown rice  
3 cups water or low-sodium broth of your choice  
1 tablespoon olive oil  
1 pound boneless, skinless chicken breast, cut into bite-sized pieces  
2 teaspoons garlic, minced  
¼ cup green onions, thinly sliced  
½ cup red bell pepper, diced  
1½ cups pinto beans, rinsed and thoroughly drained  
¼ cup tomatoes, diced  
¼ cup fresh parsley, finely chopped  
¼ teaspoon salt, or to taste  
6 lime wedges

#### *Directions*

Cook rice according to package directions and set aside until ready to serve.  
Heat oil in skillet over medium heat. Add chicken and season with salt and pepper.  
Cook chicken, stirring periodically, until almost firm to the touch—about 3 minutes.  
Add remaining ingredients except lime wedges and mix well.  
Continue cooking until chicken is fully cooked and mixture is heated through, about 2-3 minutes.  
Remove from heat and portion on top of cooked rice. Garnish each serving with a lime wedge.

### ***Dinner: Carmelized Spicy Green Beans***

*Serves 4*

#### *Ingredients*

2 tablespoons brown sugar  
2 tablespoons soy sauce  
½ teaspoon crushed red pepper, or to taste  
¼ cup vegetable or olive oil  
1 pound fresh green beans, trimmed

#### *Directions*

Preheat oven to 400 degrees. Line a sheet pan with parchment paper or foil.  
Stir together brown sugar, soy sauce, crushed red pepper and oil. Combine green beans with oil mixture.  
Spread green bean mixture in a thin layer on sheet pan and bake until green beans are tender and lightly browned, about 25-35 minutes.  
Stir part-way through baking, as needed.