



Fueling Your Future

Healthy Eating Made Fun and Easy for People on the Go!
By: Jennifer Kellogg



Mom Hacks

Discover simple strategies to make healthy eating quick and enjoyable for busy families on the go, ensuring nutrition is never compromised.

Meal Prep

Spend a few hours each week preparing meals to save time and reduce stress during busy weekdays. Where do I shop? Natural Grocers, Aldi, Bakers, the farmstand and my backyard garden.

Portable Snacks

Keep healthy snacks ready to grab, like cut fruits, nuts, or yogurt, to avoid unhealthy choices on the run.

Family Involvement

Engage your kids in the kitchen to make cooking fun, teaching them the importance of healthy eating while creating lasting memories.

Mom Hacks



Meal Prep



@rainbowplantlife Breakfast Cookies

Portable Snacks



Family Involvement



@frommybowl Tofu Scramble

Meal Prep

Example:

90 minutes to choose recipes and shop (usually at Aldi)

90 minutes to batch cook a soup and prep some ingredients

Occasionally: Make a multiple serving large meal on Sunday evening that serves as lunches for the week



A Favorite at our house: Overnight oats!

Bento Boxes



Creative lunch ideas make healthy eating exciting and convenient, especially for busy families. Discover how to pack nutrition into every meal effortlessly.

Fun Combinations

Mix proteins, grains, and veggies for colorful meals that appeal to kids and adults alike.

Themed Lunches

Create inspired themes for each day of the week to keep lunches fresh and engaging.

DIY Kits

Assemble build-your-own meals that encourage creativity and make lunchtime more interactive.

Meal Prep Made Easy

Weekly bento prep for grab and go lunches that make healthy eating a breeze for busy families.



Eat Like Her: For a Day

Discover how to make healthy eating fun for the whole family with a simple, engaging meal plan inspired by my daughter's favorite foods.



Breakfast Ideas

Start the day with some homemade pancakes out of the freezer and seasonal fruit.

Lunch Favorites

Freeze dried or frozen soups store well and travel well in a thermos.

Snack Time

Fruit travels well. Apples from a local orchard are perfect in the fall.

My Daughter's Favorites



Eating Visually

Food presentation is key to engaging families, making meals more exciting and enjoyable, especially for busy individuals looking to eat well.

Colorful Plates

Incorporate a variety of colors to stimulate appetite and make meals visually appealing.



Creative Shapes

Use cookie cutters or fun arrangements to create interesting shapes that delight both kids and adults.



Garnishing Tricks

Fresh herbs and small decorations can enhance the aesthetic appeal, encouraging everyone to enjoy their meals more.



Snack Solutions

Discover simple and delicious snack options that are perfect for school and parties, ensuring kids stay energized and satisfied throughout the day.

Fun Fruit Kabobs

Combine colorful fruits on skewers for a playful treat that kids will love and parents will appreciate.



Veggie Dips

Pair fresh veggies with hummus or yogurt-based dips for a crunchy and nutritious snack option that's easy to prepare.



Mini Sandwiches

Create bite-sized sandwiches using whole grain bread and healthy fillings for a filling and portable snack that's perfect for any gathering.



Flexibility

Meal planning is crucial for busy people. Adapting your menu allows for quick, nutritious options that suit everyone's schedule and needs.

Quick Swaps

Swap ingredients for faster prep without sacrificing nutrition or flavor.



Batch Cooking

Prepare meals in larger quantities to save time throughout the week.



Theme Nights

Create fun themed dinners that engage family members and encourage creativity in the kitchen.



Fruit & Veggies

Incorporating fruits and vegetables into every meal is essential for a healthy diet. It's easier than you think, even for busy families!

Simple Swaps

Replace processed snacks with fresh fruits or veggie sticks for a nutrient boost.



Colorful Plates

Create visually appealing meals with a variety of colors from fruits and vegetables.



Meal Prep

Plan ahead by including fruits and veggies in bento boxes or freezer meals for convenience.



Talking Nutrition

Engaging kids in healthy choices is essential for their development. Fun activities can encourage them to explore nutrition and make better eating decisions.

Interactive Cooking

Involve kids in cooking. They'll love experimenting with colors and flavors in healthy dishes.



Creative Presentations

Make meals visually appealing. Use fun shapes and vibrant colors to excite children's appetites.

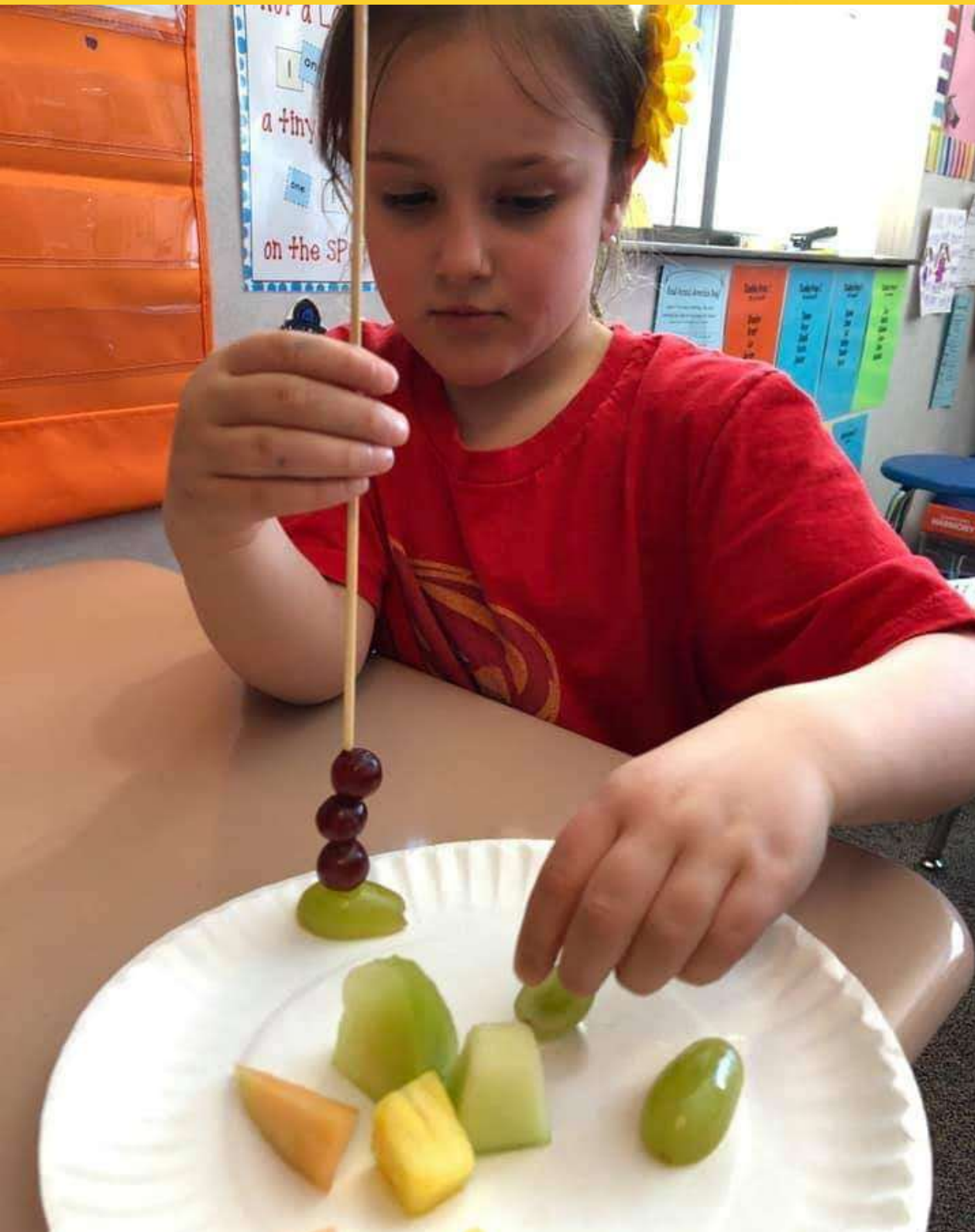


Educational Games

Use games to teach nutrition. Fun quizzes and challenges can help kids learn about healthy foods while having a blast.



Kids making cooking together fun



Pressure Cooking

Discover how pressure cookers can transform mealtime, offering quick and nutritious meals that fit into your busy schedule.



One-Pot Wonders

Create delicious meals with minimal cleanup using a single pot for cooking.

Meal Prepping

Prepare ingredients in advance to save time and ensure healthy options are always available.

Flavor Infusion

Quickly infuse robust flavors into meats and vegetables for satisfying, wholesome dishes.

Gardening & Canning

Bring fresh food to your table by growing your own ingredients. Gardening is fun, rewarding, and a great way to engage the family in healthy eating.

Garden Basics

Start with easy-to-grow vegetables like tomatoes and herbs. They require minimal care and provide delicious results.



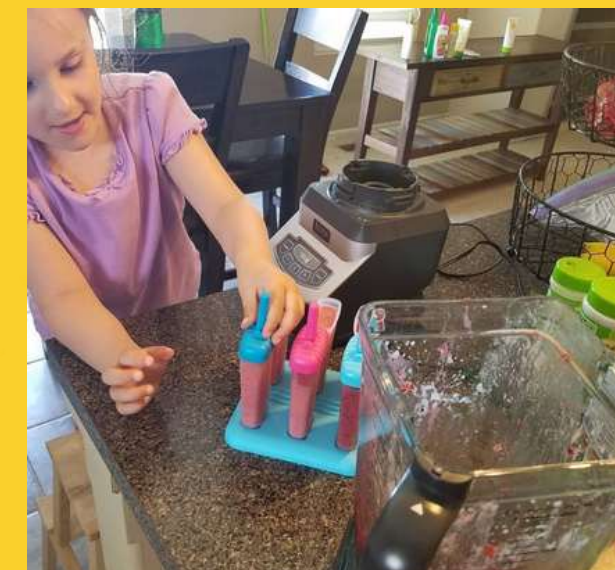
Techniques

Learn simple preservation methods to preserve your harvest, ensuring fresh flavors last throughout the year. Think: chest freezer.



Family Involvement

Encourage kids to help in the garden and kitchen, making healthy eating a shared experience that fosters teamwork and responsibility.



Camping Nutrition



Enjoying the outdoors with the Girl Scouts is a perfect opportunity to explore healthy eating while having fun and creating unforgettable memories together.

Campfire Recipes

Prepare delicious meals over the fire, using fresh ingredients and easy-to-make recipes that kids love.

Snack Ideas

Pack nutritious snacks like trail mix, fruit, and veggies to keep energy levels high during outdoor activities.

Hydration Tips

Ensure everyone stays hydrated with flavorful waters-based fruit and healthy drink options to complement meals.



Camp Recipes

- Veggie Kabobs
- Spaghetti
- Walking tacos
- Pizza pockets



Snack Ideas

- Vegan s'mores
- Banana boats
- Trail mix
- Fruit leather



Hydration Tips

- Melon
- Popsicles
- Tea (iced or hot)
- Water all day!

Mindful Choices

When it comes to candy, soda, and junk food, making mindful choices can help maintain a balanced diet for busy families and individuals.

Smart Swaps

Opt for healthier alternatives to your favorite treats, like dark chocolate or sparkling water.



Veg + Starch

Use 50/50 plate as a basis for most meals.



Mindful Eating

Focus on enjoying your treats without distractions, savoring each bite to enhance satisfaction.



Social Circles

Eating well with friends and family is essential for creating memorable moments and fostering a healthy lifestyle. Together, we can inspire each other to make better food choices.

Community Meals

Organize shared meals to explore new recipes and promote healthy eating habits among friends.



Cooking Parties

Host fun, interactive cooking events where everyone contributes a dish, encouraging creativity and collaboration.



Support Groups

Create or join groups that focus on healthy eating, providing motivation and accountability for all members.

Omaha Forks Over Knives

Public group · 337 members



omaha vegan meet up & support

Private group · 732 members

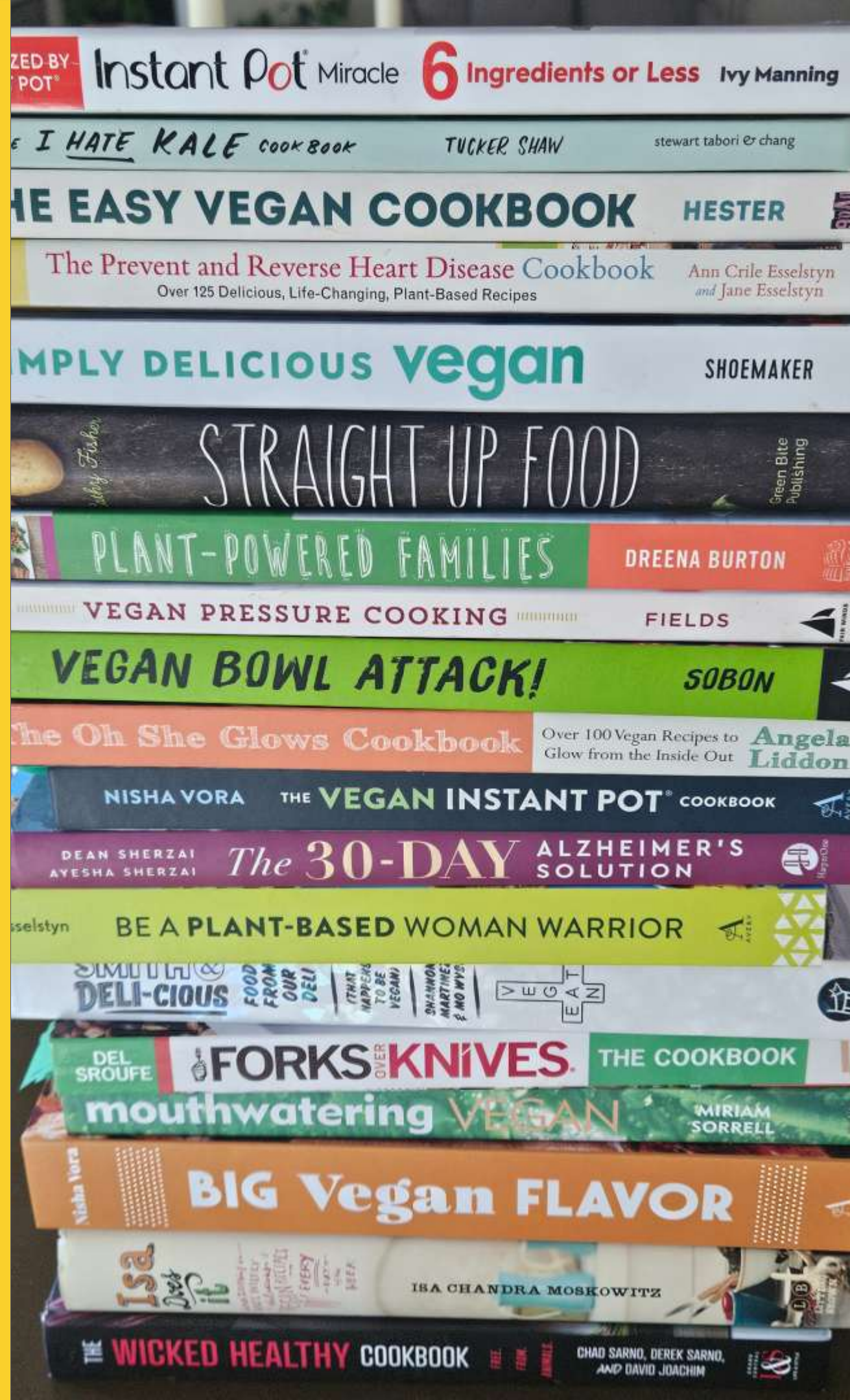


Must-Have Kitchen Tools

Essential items for healthy cooking
success

- High-quality chef's knife for precision cutting + Big cutting board
- Multi-functional food processor for quick prep
- Sil-pat baking sheets for easy cleanup
- Blender for smoothies and healthy sauces
- Electric pressure cooker like instant pot
- Griddler
- Tofu Press





Bookshelf Essentials

Favorite Finds



Demo: Delicious charcuterie board
Thank You To: Janet Staley



Demo: Delicious charcuterie board

Thank You To: Janet Staley



Ingredients:

Grapes
Mixed Berries
Cucumbers
Radish
Carrots
Sweet Peppers
Tomatoes
Kiwi
Green & Black Olives
Small Dill pickles
A couple types of crackers
Ants on a log
Banana, PB, Tortilla "Sushi"
Pistachios
Hummus cup
Lupini Beans
Treeline Garlic and Herb Cheeze Spread
Crunchy Chickpeas
Soft Pretzel Bites
Trupo Treats Multicolored Chocolate Gems
Amara Nondairy Yogurt Melts

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