

Alive February Challenge

Week 1: The Basics of Nutrition

Nutrition is the process by which our bodies obtain and utilize the nutrients necessary for growth, energy, and overall health. A balanced diet, rich in a variety of whole foods, is vital for optimal health and well-being.

Complex carbs

Provide sustained energy and help regulate blood sugar levels.

Healthy fats

Support brain function, hormone production, and cell membrane integrity.

Protein

Essential for muscle repair, immune function, and enzyme production.

Fibre

Aids digestion, supports heart health, and helps maintain a healthy weight.

Vegetables and fruits

Packed with vitamins, minerals, antioxidants, and fibre, promoting overall health and disease prevention.

Example of a healthy balanced plate:



Recipes

Immune Boosting Smoothie



Ingredients (1 serving)

- 1 Navel Orange (small, peeled)
- 1 Carrot (small, peeled, chopped)
- 1/2 cup Plain Greek Yogurt
- 1 tsp Ground Flax Seed
- 1/4 tsp Turmeric
- 2/3 oz Collagen Powder

Directions:

1. Add all of the ingredients to a blender and blend until smooth. Add a splash of milk or water if needed. Enjoy!

“Healthier” Chicken Tenders



Ingredients (2 servings):

- 8 ozs Chicken Breast (skinless, boneless, sliced into strips)
- 1 tbsp Avocado Oil (divided)
- 1/4 cup Oats (quick)
- 1 1/2 tsps Italian Seasoning
- 1/4 tsp Sea Salt
- 3 Carrot (medium, peeled and sliced into fries)
- 2 tbsps Dijon Mustard
- 1 1/2 tbsps Raw Honey

Directions:

1. Preheat oven to 400°F (204°C) and line baking sheets with parchment paper. Brush chicken strips with half of the avocado oil.
2. Combine the oats, seasoning, and sea salt and spread over a small plate. Press both sides of the chicken strips into the mixture to coat. Then, place on the baking sheet.
3. Toss the carrot sticks in the remaining avocado oil. Spread across the other baking sheet.
4. Bake for 30 minutes, flipping halfway through
5. Combine the Dijon and raw honey in a small bowl to make the sauce. Then serve and Enjoy!

Recipes

Banana & Nut Chia Oats



Ingredients (1 serving):

- 1/2 cup Plain Greek Yogurt
- 1/2 cup Unsweetened Almond Milk
- 1 tbsp Oats (rolled)
- 1 tbsp Chia Seeds
- 1 tsp All Natural Peanut Butter
- 1 tsp Maple Syrup
- 1/2 tsp Vanilla Extract
- 1/2 Banana (sliced)

Directions:

1. In a medium bowl, mix together the yogurt, almond milk, oats, chia seeds, peanut butter, maple syrup, and vanilla. Seal and place in the fridge overnight, or for at least eight hours.
 2. Divide into containers and add the sliced banana. Serve and enjoy!
- **To make this nut-free sub almond milk for soy milk and peanut butter for sunflower seed butter

Tuna Lettuce Wraps



Ingredients (1 serving):

- 1/2 Avocado
- 1 tbsp Lime Juice
- 1/8 tsp Sea Salt
- 1/2 can Tuna (flaked)
- 1/2 cup cooked quinoa
- 1 stalk Green Onion (sliced)
- 1/4 Cucumber (finely chopped)
- 2 leaves Romaine

Directions:

1. In a mixing bowl mash the avocado together with lime juice and salt. Stir in the tuna & cooked quinoa until well combined.
2. Fold in the green onion and cucumber. Season with additional salt and lime if needed. Divide the tuna salad between the romaine leaves and enjoy!