The “girl on the go” might jet set for work, have a packed social life or be a working mama who needs healthy quick meals for herself and her family. Either way, she prioritizes her health but doesn’t have hours to spend doing it. This plan offers simple wellness tips plus quick meals made in 30 minutes or less to keep her routine efficient.

Essential Wellness Tips:

Simple Supplementation
A fast-paced lifestyle needs all the nutrient support it can get. So start the day off right with a strong foundation, built with a few basic high-quality supplements, like those from NOW®. With NOW, you can trust that what’s on the label is in the bottle. At the very least, commit to a multivitamin, like EVE™, as well as an Omega-3, like Ultra Omega-3-D™, NOW’s most potent Omega-3 formula that also gives you 1,000 IU of vitamin D. Make this basic routine a daily habit, and as a constant reminder, keep your supplements near your coffeemaker as that’s likely something you never forget to turn on every morning. And remember, if you’re looking to add supplements to your routine, make sure to consult your healthcare professional first.

Get Up And Get It Done
A 20-minute workout is better than missing a sweat. Squeeze it in early morning and get it done! Roll out your mat and give it all you have got. Need a little motivation? Consider joining a streaming fitness service where you can find a ton of quick daily workouts on demand to suit your mood.

Soothing Self-Care
No matter how packed your day is, taking a few minutes to decompress at the end of each day is a must. So go for a Magnesium Bath and Arnica Massage. Magnesium Flakes (or magnesium chloride) are ideal for softening skin and maintaining skin hydration. Add a cup of Magnesium Flakes to your bath and soak up the benefits. After the bath, hydrate your skin with Arnica Relief Massage Oil, massaging in circular movements to flush lactic acid and soothe tired, overworked muscles.

“With NOW®, you can trust that what’s on the label is in the bottle.”
BREAKFAST:

OVERNIGHT FAB FOUR OATS

1 serving NOW® Sports Organic Creamy Vanilla Pea Protein
1½ cups of nut milk
¼ cup NOW Real Food® Organic Rolled Oats
2 Tbsp NOW Real Food® Organic Black Chia Seeds
2 Tbsp NOW Real Food® Organic Flax Seed Meal
2 Tbsp NOW Real Food® Organic Hemp Seed Hearts

1. Add oats, chia, flax meal and hemp hearts to a Mason jar.
2. Blend nut milk and protein together and pour over seed mixture.
3. Screw the lid on the Mason jar and shake vigorously to incorporate.
4. Place jar in the fridge overnight. Enjoy in the morning.

Didn’t have time to prep your oats the night before? No problem! Pack a Fab Four smoothie to go in minutes.

All you need is one serving of each:

- Protein: NOW® Sports Organic Creamy Vanilla Pea Protein
- Greens: super greens in powder form, like NOW® Green Phytofoods Powder or Spirulina
- Fiber: NOW® Acacia Fiber Powder
- Fat: NOW® Sports Organic MCT Oil
- Superfood: add some NOW® Acai Powder to the mix!
- Shaker bottle with filtered water

1. Place all ingredients in a NOW® Sports Shaker Cup, shake and go!

LUNCH:

MASON JAR CHOP

Splash of red wine vinegar
1-2 Tbsp Ellyndale® Organics Extra Virgin Olive Oil
2 Tbsp NOW Real Food® Organic Toasted Hemp Seeds
4 cups arugula
¼ cup garbanzo beans
¼ cup cucumber, chopped
¼ cup tomato, chopped
¼ summer squash, chopped
¼ zucchini, chopped

1. Pour the red wine vinegar and olive oil into the bottom of the glass.
2. Stack ingredients listed in above order and top with hemp hearts.
3. Secure lid, shake and enjoy!
SAMPLE MENU
Make These Recipes in Less Than 30 Minutes!

BRIDGE SNACK:
NOW REAL FOOD® ROASTED MACADAMIA NUTS
One serving (about ¼ cup)
*Since you can easily go four to six hours between lunch and dinner, a bridge snack is a combination of fat and protein to help keep your blood sugar balanced until dinner. Nuts are a great source of both!

DINNER:
TURKEY EGG ROLL BOWL
1 lb. ground turkey (dark meat)
1 small onion, chopped
2 cloves fresh garlic, minced
1 Tbsp ginger, minced
1 bag of organic broccoli slaw mix
2 cups kale chiffonade
2-3 green onions, chopped
2 tsp NOW Real Food® Organic Sesame Seeds
2 Tbsp Ellyndale® Avocado Oil
2 Tbsp coconut aminos
1 tsp rice vinegar
Sriracha, to taste
Salt and pepper, to taste

1. In a large frying pan, cook ground turkey over medium heat.
2. Add 1 Tbsp avocado oil, garlic, ginger and onion. Sauté, stirring until onions are translucent, about 2-3 minutes.
3. Add broccoli slaw and kale to the pan, stir to incorporate and sauté for 4-6 minutes until veggies are soft.
4. In a small bowl, mix 1 Tbsp avocado oil, coconut aminos, sesame seeds, vinegar and green onions. Pour sauce over mixture and salt and pepper to taste. Sriracha optional.