

# Girl on the Go

Wellness Guide by Kelly LeVeque



Inspired by Kelly's new book "Body Love Every Day"



## Girl on the Go

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.

**If you are a girl on the go like me, these easy 30 minute (or less) meals will help get you in and out of the kitchen, even if you’re just cooking for yourself.”**

XOXO  
Kelly J. Legel

# Essential Wellness Tips

## Maximize Meal Prep

Got a super busy week ahead? Double your recipes this week and freeze leftovers in individual meal containers. On a busy night, these will keep you fueled without needing to order takeout.

## Sign Up For a 5K

It doesn't need to be a marathon. You're busy, I get it! But even having mini milestone events on the calendar will keep you training and motivated with your eye on your goals.

## Write It Into Reality!

I start my morning by journaling my goals, activities and hopes for the day and beyond – before the busy day gets away from me. It's a great way to manifest your future and stay focused on the dreams you want to make a reality.





**“With NOW<sup>®</sup>, you can trust that what’s on the label is in the bottle.”**

A woman with long, wavy brown hair is sitting on a white kitchen counter, smiling at the camera. She is wearing a white long-sleeved shirt and blue jeans. She is holding a white bowl of soup with a spoon. The kitchen background includes white cabinets, a countertop with a knife block, a cutting board, and a bowl of fruit. The entire image has a light blue overlay.

# Meals in 30 Minutes or Less!



## Breakfast

# Green Ginger Fab Four Smoothie

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## Ingredients

1 serving [vanilla grass-fed whey protein](#)

1 tablespoon [MCT oil](#)

2 tablespoons [acacia fiber](#)

1/4 cup chopped cucumber

Juice of 1/2 lemon

1 teaspoon grated fresh ginger (or a fresh ginger turmeric shot)

1 to 2 cups filtered water or unsweetened almond milk

## Prep

1. Place all the ingredients in a high-speed blender and blend to your desired consistency.



1 serving



## Lunch

# Mason Jar Chop

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## Ingredients

Splash of red wine vinegar

1-2 tablespoon(s) [organic extra virgin olive oil](#)

2 tablespoons [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

## Prep

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!
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1 serving



## Bridge Snack

# Roasted Macadamia Nuts

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## Ingredients

[Roasted macadamia nuts](#)

One serving is 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 you satisfied until dinner. Nuts are a great source of both!

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1 serving

# Dinner



## Dinner

# Coconut Cauliflower Rice with Sweet Coconut Chicken and Broccoli



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## Ingredients

- 2 cups broccoli florets
- 2 tablespoons [organic liquid coconut oil](#)
- 2 tablespoons coconut milk (or coconut crème)
- 4 cups frozen or uncooked cauliflower rice
- Meat from 1 rotisserie chicken (or 2 baked chicken breasts), shredded
- 2 tablespoons melted ghee
- ¼ cup coconut aminos
- 2 tablespoons [organic sesame seeds](#)
- 2 tablespoons chopped chives

## Prep

1. Heat 2 inches of water in a large saucepan to a simmer and quick-blanch the broccoli for 4 to 6 minutes, until fork tender. Drain the broccoli and set it aside.
2. In the same pan, combine the coconut oil, coconut milk, and cauliflower rice. Stir-fry over medium heat until the cauliflower rice is done to your liking, 5 to 7 minutes. Add the broccoli and chicken to the pan and cook until warmed through, stirring as needed.
3. In a small bowl, mix the melted ghee, coconut aminos, and sesame seeds. Serve the cauliflower rice into bowls and dress it with the sauce. Garnish with the chives.



2 servings



# Shopping List

# NOW Shopping Checklist

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## Breakfast

[NOW® Sports Vanilla Grass-Fed Whey Protein](#)

[NOW® Sports MCT Oil](#)

[NOW® Acacia Fiber](#)



## Lunch

[Ellyndale® Organic Extra Virgin Olive Oil](#)

[NOW Real Food® Organic Toasted Hemp Seeds](#)



## Bridge Snack

[NOW Real Foods® Roasted Macadamia Nuts](#)



## Dinner

[Ellyndale® Organic Liquid Coconut Oil](#)

[NOW Real Foods® Organic Sesame Seeds](#)