

Transformation Challenge

Support Guide

By



Healthy Now

CATERING • MEAL PREP • JUICES



We Can Help You During the Transformation Challenge, and Beyond

HealthyNow can work closely with you to help you manage your meals and achieve your goals during the Transformation Challenge, and afterwards. Several winners from area OTF Studios used our meals and/or fresh pressed juices to help them with their transformation!

The OTF members page of our website contains a vast library of current and past Recipes of the Week, which are easy to make, healthy, nutritious and convenient meals that will help you plan, grocery shop for and prepare meals that will help you achieve your fitness and wellness goals.

Christine of HealthyNow is happy to provide OTF members her expertise and experience in meal preparation, and can offer advice if you have questions about how to effectively meal prep. Her contact info is at the end of this document.

Our Fresh Pressed Juice cleanses have been used by many OTF members to help transition to a healthier lifestyle. Our standard cleanse includes delicious flavours like Charcoal Lemonade, Greens Focus, Berry Energy, Peach Dandelion, Watermelon Mint and everybody's favourite Cocoa Cashew, but we can also substitute in some of our other flavours such as Strawberry Guava Chili, Coconut Lime, Raptors Fuel or others. You can find more about our juices at www.HealthyNow.ca/juices.

Our Individual Prepared Meals are a delicious, nutritious and convenient way to manage your meals during the Transformation Challenge, and afterwards. Each week's menu includes Paleo, Balanced, Keto and Vegetarian options, and our menu changes every week. Delivery is available throughout the York Region, Durham Region and Peterborough areas. You can find more about our Individual Prepared Meals at www.HealthyNow.ca/mealpreparation.

HealthyNow provides healthy, delicious and freshly prepared meals, catering and fresh pressed juices to busy individuals, families, seniors, organizations and sports teams.

To order, call or text Christine at 647-210-0047 or email Info@HealthyNow.ca.

Check us out online at www.HealthyNow.ca, or at www.facebook.com/healthynow40!





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Meal Prep Tips & Tricks

Us here at HealthyNow prepare literally hundreds of meals per week, so we've picked up a few tips and tricks along the way!

- Meal prepping on a Sunday or other time of the week when you have an hour or two will save you tons of time during the week, and prevent you from making a poor choice when hungry and nothing healthy is available
- Be sure to package and refrigerate your prepped meals properly to preserve moisture and freshness – most dishes will last 5 days if stored properly. Improper storage will cause them to go dry, or expire and not be edible
- Be sure to measure your proteins, fats and carbs, to avoid over portioning. Make sure you measure each portion the first few weeks to get an understanding of what a proper portion size looks like.
- Plan ingredients that can be used for multiple meals. For example:
 - Prepare one batch of ground turkey (which is much leaner than beef, and tastes great!) can be used for Sweet Potato Lasagna, Stuffed Peppers and Taco Salad
 - Mixed vegetable packs are perfect sides beside any protein – we use as sides for Baked Salmon, Pork Tenderloin, Pan-fried Shrimp, etc
 - Shredded chicken from an insta-pot can be separately seasoned and used for Chicken Tacos with Lettuce Wraps, Salad topper, Protein Power Bowl, etc
- Fresh, live or freshly picked herbs add beautiful flavours to your prepped meals – most grocery stores carry them in 'bunches', or you can grow your own indoors!

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Healthy Swaps that'll Make a Big Difference!

Since we are in the healthy meal preparation business, we know ways to swap in some healthier ingredients into meals that you and your family may already love. Here's some of our favourites:

- A 'veggie spiralizer' will allow you to use zucchini noodles instead of pasta noodles. They are available at Walmart, Supercentre and most large grocery stores
- Cauliflower rice is a great swap for regular rice or other starches and can be seasoned to taste WAY BETTER than you might expect. Chrissy seasons hers with a bit of garlic, spinach, feta and pepper to give it a really nice flavour
- Natural sweeteners, like honey, maple syrup, or stevia-based sweeteners can be swapped in instead of refined sugar or artificial sweeteners
- Swapping artificial proteins and supplements for natural proteins and herbs, such as Greek Yogurt or Organic Collagen, and herbs like Beet Root Powder, or Turmeric will reduce sugars and other chemicals
- Swapping out white breads, or white pastas for whole wheat pasta, spelt pasta, and whole grain breads will significantly reduce your sugar intake

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Navigating the Grocery Store

The grocery store can be, for those trying to eat healthier, a confusing place to say the least!

- Don't trust the Grocery Store, or food manufacturers tell you what is healthy – as labels can often be misleading, and the regulations around clarity of labeling foods is vague at best. Learn to read and understand food labelling! For example:
 - Added sugars have many, many nicknames such as Corn syrup, Dextrose, Fructose, Glucose, Maltose, Sucrose and many others. Each of these can sabotage your goal of eating healthier
 - There isn't clear rules or legislation around what is called 'healthy' or 'natural', so be sure to take labels like this with a 'grain of salt', so to speak
- Generally, organic is better than not, but organic can be expensive and labelling can be tricky. Our advice:
 - Focus on getting organic versions of the 'dirty dozen' fruits and vegetables which are:

▪ Strawberries	▪ Apples	▪ Pears
▪ Spinach	▪ Grapes	▪ Tomatoes
▪ Kale	▪ Peaches	▪ Celery
▪ Nectarines	▪ Cherries	▪ Potatoes
 - Organic meats are more expensive but may be worth it in many cases. Shop around for best pricing, and/or purchase in bulk to get better pricing per serving. Grocery stores' 'Free From' and similar brands are much 'cleaner' than standard meats, and often better priced than organic versions
- Generally, if it comes frozen in a box, or in a can, avoid it!

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Healthy Recipes that Will Help You

Each of these below recipes are posted on the OTF page of our website www.HealthyNow.ca/OTF, and have had great feedback from fellow OTFers. There are many others posted there as well, and new ones added each week.

- Superfood Smoothie
 - This smoothie is PACKED with nutrition such as healthy fats, vitamins, etc and is delicious. Ingredients like Greek Yogurt and Turmeric will help your body recover from your OTF workouts. Plus, a smoothie is great way to eat breakfast on the go.
- Protein Egg Bites
 - These are delicious, easy to make and can be customized to your tastes
- Pumpkin Pie Overnight Oats
 - Overnight oats are a great way to enjoy a hearty, nutritious breakfast without spending a lot of time on a busy morning. Plus you can swap out the Pumpkin for many other types of fruits – just google Overnight Oats.
- Chicken Fajita Bowls
 - These are a delicious, and extremely convenient way to get a lot of nutrition. They are a favourite regular meal for our family!
- Protein Power Bowls
 - These delicious 'bowls' are a great way to get your proteins. They are a favourite of many OrangeTheory Fitness members and staff.
- Blackened Salmon with Avocado Salsa
 - This dish is our most popular seafood dish! It's got a great Cajun taste so its perfect for those who are looking for something a bit different than the usual.
- Sweet Potato & Turkey Lasagna
 - We bet you never know Sweet Potatoes and ground Turkey could be swapped into lasagna, but the taste so delicious you won't miss the pasta noodles and beef

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Contacting HealthyNow

HealthyNow is easy to connect with:

- Our website is www.HealthyNow.ca
- The OTF page of our website, where you can access OTF Recipes of the Week, and OTF discounted pricing on our Fresh Pressed Juices and Meal Packs is www.HealthyNow.ca/OTF . Don't forget, you get an ADDITIONAL \$25 off your first Meal Pack order!
- Our Facebook site is www.Facebook.com/healthynow40
- Christine Hickson-Rooney can be reached at 647-210-0047 or Christine@HealthyNow.ca

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