

EAT LIKE A NURSE

*A Nurse's Guide to Clean Eating,
Meal Prepping for 12-Hour Shifts,
& Clean “Scrub Snacks” to Support Your
Health & Life!!”*



It's imperative that we avoid the nasty processed food found in vending machines, fast food restaurants, and on the inside isles of the grocery store! It's the "shelf life" stuff that we need to avoid!

Before you freak out and leave kicking and screaming because you think I'm telling you to give up and change everything that makes you feel good and happy, hold up! Clean eating to me, isn't deprivation. I feel so many approach this way of eating and living as a giant sacrifice. You feel like you're giving everything that you've ever loved! When I did my first Whole30 I went in crying, but hear me when I say, EATING CLEAN WILL CHANGE YOUR LIFE!!

I don't feel deprived. It was a challenge at first, but ANYTHING worth it is going to be challenging. You WILL get through it! Today I feel strong. I feel healthy. I feel empowered! Taking hold of my life not only changed my life, but it changed all of the relationships in my life AND my career for the better. I became a WHOLE and HAPPY person. When you are healthy, you are happier. Period. You don't realize how much your health holds you back in life until you take control of it.

You may be reading this and not ready to take the steps to change, and that's okay. But my guess is that if you've downloaded this book, you're wanting to start. You're wanting to change. You want to practice what you preach, and most importantly, you want to take control of your health and change your life! I was there too, sister. I was ready to change. I needed to change. So I dove in hard!

Where To Start

Before I jump into sharing all of the juicy resources that I used along the way in my journey, I want to preface them with this: WE ARE ALL DIFFERENT. There is no such thing as a "quick-fix" diet and everyone is going to respond differently to different eating regiments. It's important to dive in and learn your own body, trial and error, and figure out what regiment is best for your personal make up and sensitivities!

The beautiful thing about "clean eating" is that you really can't go wrong. You may find that you are more sensitive to certain food groups along the way, and that's okay. Just pay attention! Eggs, gluten, processed sugar, and dairy can be big time triggers for headaches, achey joints, skin issues, and stomach problems. When you experience discomfort in any way, shape, or form, reflect on what you ate. Also pay attention to chemicals that you may have sprayed, cleaned with, or used around that time. All of these things can be potential triggers and through a process of elimination, you can figure out what clean foods are best for your body!

Lastly, I want to emphasize this. My goal in helping nurses take control of their health isn't to help them lose weight. My goal is to MAKE YOU HEALTHY. Health is SEXY! GOOD HEALTH is life changing! Having a balanced and healthy relationship with food is a feeling I can't explain, you just have to experience the freedom yourself! I know many people who are thin, a size 2, and prance around like they are happy, but the way they've gone about weight loss was NOT healthy. You CAN starve yourself and lose weight, but that does more psychological and physical damage than the previous heavier state they were in in.

Where To Start

Eating clean is about freedom. Freedom with your emotions. Freedom with your health. Freedom with food! It allows you to learn what TO eat, what to avoid, and how to choose when you want to indulge in the "feel good stuff" in the right way without it being a giant pitfall in your health. I still have ice cream here and there. I still eat chocolate. I still indulge in my mom's banana bread, but here's the deal....

I have brakes now. I have balance. I have NO guilt around eating those "feel good" foods because I have a healthy relationship with food AND a healthy psychological response. I have no addiction to sugar and I've learned about the cleaner natural sugars out there and how to use them. Clean eating isn't deprivation. It's not calorie counting. It's FREEDOM. Freedom to enjoy those foods that are good for you, and freedom to have control and balance when enjoying the comfort ones.

Your health is a journey. Remember that. There's no end point. There's no "final number" to reach. Weight loss will naturally happen as a result of clean eating, so don't freak out! Focus on fueling your body with foods that FIGHT disease instead of foods that FEED it! In the moment's of temptation, ask yourself, "Is this a craving or am I TRULY hungry?" If your tummy is rumbling and you know you need fuel, go find REAL nutrition, not chips and cookies. If you've identified it's a craving because you JUST ate a big meal and now there are tempting cookies in front of you, just go get busy. Do something. Drink water. You will get better at this the more you do it!

You got this sister. It's worth it. YOU'RE worth it!

My Favorite Resources!

"It Start's With Food" - Melissa and Dallas Hartwig

This book is an AMAZING explanation about clean eating. It goes into basic science (which I love as a nurse) about what foods typically cause inflammation within the body, disrupt gut health, create an unhealthy psychological response in the brain, and completely hijack and alter the way essential hormones function in our body

Instagram has been one of my favorite places to learn from others about clean eating. Below are a list of my favorite accounts to follow to learn more about clean eating!

@Functional.Foods

@AutoImmunePaleo

@Whole30Recipes

@Dishingouthealth

Meal Prep!

Meal prep is VITAL to your success in changing your eating habits! One of my favorite books that I've read recently is James Clear's "[Atomic Habits](#)" The MAIN message in this book is:

- (1) make it obvious
- (2) make it attractive
- (3) make it easy
- (4) make it satisfying.

This was speaking in regard to creating healthy habits. This can 100% be applied to eating clean and let me tell you how!

1. Make it Obvious- Prep your food the night before. Have it right in front of you and ready to grab and go in the morning. Put healthy food at eye level and the junk food in the back/lower (or throw it away)! The more obvious the healthy option, the more successful you will be.

2. Make it Attractive- I don't think food has to be pretty to taste good, but when I think about this in regard to eating clean, I think about color. Lots of variety in color = more nutrition! "Taste the Rainbow" should mean fruits and veggies, not skittles!

Meal Prep!

3. Make it Easy - Don't go crazy with fancy meals. I eat the same clean food all of the time! When I worked the floor as a nurse, it was two boiled eggs, a banana, and almond butter. Lunch was always leftover crockpot in a jar or salad in a jar! Dinner was always a crockpot meal on the days I worked or something VERY easy, like breakfast for dinner! At the end of the day, we just need nutrition. Throw some meat on top of some greens, add some crunch of some sort, maybe a home made dressing/sauce, and call it a day!

4. Lastly, Make it Satisfying- I know that eating the same thing time after time can sound boring, but sometimes we are simply eating to live. What I mean by that is that we just need nutrition. Satisfaction for me is having a well rounded meal: clean fats, a little protein, and lots of veggies and flavor! My favorite way to create flavor is to dive into new recipes and learn from them! Seriously! If you aren't a cook, start making recipes! It will give you ideas and inspire you to create GOOD flavor with clean ingredients, leading to both a satisfying taste and experience!

Meal Prep!

Crockpot Jars & Salad Jars

These 2 concepts are LIFE saving! It's my favorite prep for the week and the PERFECT ease for a crazy nurse schedule!

For the crockpot, I love to prep overnight. Some people are funny about running their crockpot overnight, but I prefer to run it at night rather than when I'm at work. I sometimes will use two crockpots and prep 2 meals at once! I know, CRAZY, right? I go hardcore with my clean eating game. I make lunch for the next 3 days and dinner for the next night or 2! It's just easy, convenient and so tasty!

After I make my crockpot meals, I will ladle them into pint sized mason jars. I make as many as the days I'm working! I bottle them all up and will bring them to work with a yummy clean side that compliments the recipe! Sometimes it's grainless tortilla chips (my favorite brand is [SieteFoods](#)) to serve with a clean soup. Sometimes it's avocado or sauerkraut, and sometimes it's a nice crunch from nuts or plantains! Whatever the side it's, it's a clean, whole food! I will hook you up with some of my favorite meals at the bottom of this, but Pinterest has a TON of clean crockpot meals. (I encourage looking up Paleo and Whole30 crockpot meals)!

Get creative! The more you practice with meals from recipes, the better you become with making and throwing together meals on your own!

Meal Prep!

Salad in a Jar is literally my genius. I'm obsessed with this hack. So this isn't just ANY salad in a jar, this is an epic, nutrient packed FLAVORFUL salad in a jar! I prep these jars 3 at a time! The key is to make them colorful, put the wet ingredients on the bottom, and layer the dry ingredients on the top!



You can use any sized jar that you desire. I start with all of the wet ingredients on the bottom and build up with the dry! I top with nuts and any toppings! I bring a little salad dressing bottle with some avocado oil and apple cider vinegar OR I store my favorite clean salad dressing in the fridge at work with a big "touch me or die" tag on it!

Meal Prep!

Salad In a Jar Example Recipe:

Start with wet ingredients:

sauerkraut

tomatoes

peppers

onions

cucumber

carrots

chickpeas

berries

Then add protein of choice

Optional Raw or Goat Cheese

Then add mixed organic greens

Top with nuts, seeds, or any dry topping of choice!

Layer all of the ingredients straight in the jar. You want to keep them upright at all times otherwise the wet ingredients make the dry ingredients soggy. I also recommend bringing an avocado on the side and cutting it when you're about to eat the salad! It's fresh and delicious. When you're ready to eat, you can add your dressing and any extra ingredients, cap it, give it a good shake and enjoy!

Meal Prep!

Below is a list of some of my favorite clean and easy recipes! You can mix and match as you please!

I've also included a list of my favorite Clean and Healthy Whole Life Nurse "ScrubSnacks." These are clean, convenient, and healthy snacks that fit conveniently in the pockets of your scrubs and purse! Sometimes we don't have time and access to clean whole foods. Our shift is crazy and we can't eat when we need to. Okay. This happens everyday, lets be real. This is where ScrubSnacks come into play! These are CLEAN snacks that leave you with no guessing game when it comes to ingredients! I've done it for you!

One Quick Lesson with produce and meat! I get that buying organic food can be expensive and some don't have access to it, but I do want to educate you about WHY! Many crops today are sprayed with chemicals that can be very harmful to our gut and immune systems. They also decrease the absorption of nutrients that our fruits and veggies have to offer. When choosing produce, always try to buy organic when it comes to the "Dirty Dozen." The "Clean 15" are the produce you can buy non-organic! Just google both of those terms to understand them better! Pesticides and chemicals on produce is a BIG deal. We not only consume them from their outside, but they also are getting into our produce and once again, decreasing the nutrient value of the crop!

Meat & Dairy 101

When it comes to meats, dairy, and eggs, you want to buy organic, free range, and grassfed as much as possible! The amount of antibiotics and chemicals used to feed livestock and keep them healthy and plump is disgusting! These chemicals go into these animals and they remain in the meat and eggs that we consume. I'm talking antibiotics, genetically modified feed that harms the health of the animal, and other drugs. I can't help blame so much of the inflammation, antibiotic issues, and disease humans deal with today on our corrupt meat and dairy industry! Processed, drugged, and profit driven (not health)!

These chemicals that the animals receive specifically adhere to fat, so if you can't afford to buy organic, ALWAYS cut the fat out of your inorganic meats! That's where most of the bad stuff will be found! With eggs, I buy organic, grass fed, and pasture raised. This means that these chickens roamed freely in a non-stressed environment and they ate from land that was not sprayed with chemicals. This process creates a more nutrient dense & safe meat (amino acids, omega 3's, and vitamins) with no potential to transfer chemicals into our human bodies & brain!

I also recommend nut milk like almond or cashew. If you do cow dairy, full fat and organic is best. I am quite sensitive to dairy so I stick to nut milks!

Oils 101

Many people have a misconception about oil and fat. We've been taught for so long that fat is bad! What's happened is that our food industry has responded by creating "fat free/ low fat" everything for marketing purposes! People equate "fat free/low fat" to health. Well guess what fat is? It's FLAVOR. If you take flavor out of food, how do you get people to like it? You replace it with the other addictive stuff: sugar, salt, and chemicals. What do these things do? They cause inflammation and make your health worse! They spike your sugar levels and cause issues with hormone regulation. The sad part about it? Fat isn't bad. We actually need it FOR health. We now know WHAT fats we need to be eating, but we continue to share outdated information with the people who need it the most: sick patients in the HOSPITAL! (giant eye-roll).

Our guidelines for the American Heart Association state that coconut oil is bad and vegetable oils are good. The sad part is that ALL of their dietary guidelines are extremely outdated and for some weird reason, we aren't addressing it. I will give you a hint: FUNDING has a lot to do with it. The food science today is actually quite the opposite. Plant based oils (olive, avocado, coconut) are very healthy for you, packed with polyphenols and rich omega 3 fatty acids. These actually FIGHT inflammation while omega 6 rich oils (soybean, corn, and canola) contribute to inflammation.

Oils 101

We want to get away from the processed and hydrogenated oils. Many of those are labeled "vegetable, corn, partially hydrogenated and soybean oils." We want to stick to avocado, olive, and coconut! I also use ghee and grassfed butter. Clean fats are actually GOOD for you, just not in combination with an inflammatory diet, meaning fast and processed foods.

If you stick to a predominately plant based diet, a little meat, omega rich seafoods, a LOT of veggies, fruits and whole grains here and there, you will be in GOOD standing! You just always want mostly veggies and greens on your plate! That's phytonutrients, antioxidants, rich amino acids, and omegas that will FIGHT disease and give you energy!

Bottom line: YOU WANT YOUR FOOD TO BE PURE AND REAL!

If the label of something you're reading has a million ingredients, fake sugar and chemicals, and pack with soybean, canola, or hydrogenated oils, its not good! Again, I highly recommend the book "It Starts with Food!" I know I keep plugging it, but it's the PERFECT book to start reading for your science loving nurses!

Favorite places to shop for healthy foods:

Trader Joes

Kroger Click List

Whole Foods (amazon prime members get 10% off)

Costco

Farmers Market

Clean Recipe Ideas

Breakfast:

2 Boiled Eggs,
1 Banana
1 Tbs Almond Butter

Lunch:

1 Red Pepper - Sliced in half, seeds removed
1 Can of Tuna (I prefer WildPlanet brand) : 1 Tbs Primal Kitchen Avocado Mayo, 1/2 tsp lemon juice, 1/4 diced white onion, a dash of garlic powder, and S&P to taste!

Place Tuna in Pepper Halves, and serve with a side of sliced avocado!
(Bring a whole avocado with you, as they are best eaten when freshly sliced!)

Dinner:

Fresh Strawberry Bacon Salad:

Organic Romain Lettuce (you can buy the bundle and chop yourself or pre-chopped)

1/4 cups Fresh Sliced Strawberries

2 Tbs Freshly Chopped Raw almonds

1/4 cup Sliced Red Onion

2 strips of Paleo Approved Bacon (Pederson's Brand- minimal ingredients) Cooked then crumbled

1/2 sliced avocado

Vinaigrette: Balsamic Vinegar and Avocado Oil

Breakfast:

3 thin slices of sweet potato toast (slice sweet potato and spread a small amount of ghee or Grassfed butter (I use Kerrygold) on each slice. Place in conventional oven and "toast."

Remove when cooked. This sometimes takes 2 times to bake!

Add 1 Tbs of Almond Butter drizzled all over.

Slice strawberries and place on top! (You can add dried coconut as well).

Sprinkle Cinnamon and Enjoy!

Lunch:

Moroccan Salad

Bed of Organic Greens

Diced cooked Sweet Potatoes (You can use what was left over from your toast)!

-Sautee these in ghee or bake in oven if no leftovers! Bake in oven on 400 for 30-35 mins. I enjoy seasoning with turmeric, garlic, paprika, pepper, garlic, and onion powder!

1/4 cup sliced red beets

1Tbs of chopped almonds

1 diced avocado

sliced red onion

1 stalk of celery chopped.

(chicken optional on top!)

S&P to taste

Balsamic Vinegar and Olive Oil

Dinner :
(Nurse Prep)

("Nurse prep" are any meals that will be good to make on the days that you work)!

Paleo Crock Pot Chicken Stew!

Prep in morning!

Add:

Drizzle olive oil on bottom (about 1 Tbs)

2 whole organic chicken breasts
1 48oz Organic Free Range Chicken Broth
2 chopped carrots
1 chopped medium yellow or white onion
2 chopped celery stalks
2 small chopped white potatoes
1 tsp thyme
2 chopped garlic cloves (or 1/2 tsp garlic powder)
1/2 squeezed lemon
S&P to taste

Let sit on low for 6-8 hours! Tear apart chicken and serve! You can top with avocado or paleo sour cream!

Paleo Sour Cream: 1 can of Coconut milk. Leave in refrigerator over night! Open can on opposite side to pour out "water." The cream should be left! Add 1/2 tsp of lemon and a pinch of salt. Mix well. Serve with food of choice! You can also just buy Organic Coconut Cream at Trader Joes and have a full can vs half milk, half cream.

Breakfast:

Blueberry Banana Spinach Smoothie

1/2 cup of Organic Frozen Blueberries

1 cup of frozen spinach leaves

1 frozen Banana

1/2 cup of almond milk

1/4 cup water

1 Tbs almond butter

1/2 tsp cinnamon

1-2 scoops of Orgain Plant Based Protein Powder

Blend on High until smooth. Pour in mason jar and take on the road!

Lunch:

Chicken Salad Lettuce Wraps

2 Cooked and chopped Organic Chicken Breasts

1 chopped celery stalk

1/4 cups diced red grapes

1 Tbs Avocado Mayo

1/2 tsp lemon juice

1/2 cup sliced almonds

a pinch of salt and pepper

(optional spices of tarragon, thyme, parsley, and dill if on hand...but that's getting fancy)

mix well

4 Romaine Lettuce Boats or Bibb Lettuce

Top lettuce with chicken salad and any other vegetables: tomatoes, avocado, onion-etc....

Dinner:

Loaded Sweet Potato

Toppings:

1 Large Organic Sweet Potato

2 fried eggs in 1 Tbs avocado oil

1 sliced avocado

1/2 yellow onion sautéed in oil remanence

1/4 cup sautéed cherry tomatoes

(Feel free to sautee up some Grassfed Beef and Load into it as well for extra protein!)

Top with compliant green tomatillo sauce (no soybean oil or added preservatives!

Trader Joes has a great brand!)

Sprinkle salt, pepper, and turmeric on top to taste! Feel free to add in spices to sautéed veggies! Place toppings on Sweet Potatoes. You also may use Paleo "Sour Cream" from Recipe above!

Breakfast:

Warm Banana Breakfast Bowl

- 2 Ripe Bananas
- 1/2 cup coconut or almond milk
- 1/8 cup shredded coconut
- 1 tsp cinnamon
- 2 Tbs of chopped Pecans (or almonds!)

Heat in small pot on stove- low to medium heat until warm! Enjoy!

Lunch:

Spaghetti Squash with Pesto:

- 1 spaghetti squash -medium to large size
- 1/4 cup pesto
- 3 roma tomatoes
- 1 Tbs Olive Oil
- 1/2 tsp garlic powder
- Salt and Pepper to taste

(Pre-cooking Spaghetti Squash and putting in a glass container ahead of time is always helpful and will save time with meal planning! Cut squash in half long-ways and scoop out seeds! Drizzle Olive Oil on top and sprinkle with salt and pepper. Cook for 35-40mins at 400 degrees! Squash will be ready when edges turn golden brown. Scoop out with fork! Mix all ingredients in! Feel free to add grilled chicken!)

I have also put a spaghetti squash in crock pot before and cooked on low for 6 hours! Prep the same way and scoop out later on!

Easy Home-made Pesto:

2 cups fresh packed parsley (you may add basil!)
3/4 cups raw cashews
1/3 cup olive oil
1 Tbs lemon juice
1/2 tsp lemon zest
sea salt and pepper to taste

Blend in food processor until pesto consistency! Store in mason jar for future use!

*If you can't make home-made pesto, use clean marinara or seasoning from pantry!

Dinner (Nurse Prep):

Crockpot Curry Chicken:

In a crockpot combine:
1 Frozen Organic Chicken Breast
1 Tbs Yellow Curry Powder
1/2 tsp paprika
1 Whole yellow onion chopped
1 large Zucchini diced
1/2 cup cherry tomatoes
2 cloves garlic, chopped
2 cans organic coconut milk
1 Tbs coconut oil
Salt and Pepper to taste

Let sit on medium heat for 6-8 hours! Tear apart chicken and mix ingredients when cooked through! Serve with avocado on side and top with fresh Cilantro! Option for Cauliflower rice or brown rice!

Breakfast:

Mini Egg Breakfast Muffins:

(This can be made at beginning of week and used for the next few days!)

10 large eggs
1 cup chopped multi colored bell peppers
1/2 cup chopped onion
1 cup of cooked sausage or bacon (check your ingredients!)
1 cup chopped spinach
2 garlic gloves chopped
1 tsp salt
1/2 tsp of ground black pepper

In pan, add 1 tbs olive oil and mix in onions and pepper. When soft, add in meat, garlic, and spinach! Sauté until all ingredients are incorporated well.

In muffin tin, spray with Olive Oil (I love Chosenfoods Olive oil spray). Add a heaping Tbs of meat and veggie mixture into each tin. Whisk eggs together and add salt and pepper in separate bowl. Pour egg over mixture and leave about a 1/4 inch at top of each tin cup! Cook in oven at 350 degrees for 20-25 mins until golden brown!

Enjoy with side of tomatoes and avocado! Store in air tight glass container for future use! You can easily heat up in toaster oven, grab, and GO!

*You can also cut recipe in half for small batch!

Lunch:

Deli Turkey Roll Ups:

- 4 slices of Organic Deli Turkey
- Baby Spinach
- Home-made pesto from previous recipe
- Sliced Tomato
- Red Onion

Spread pesto on turkey slices. Line sliced turkey with all veggies. Roll up turkey with ingredients and pack in glass container. Serve with a fresh side salad or avocado with balsamic! *You can also do this sandwich on some organic gluten free whole grain or fresh sourdough bread!

Dinner:

Asian Chicken Salad:

- Fresh Greens (I like chopped romain)
- 1 cucumber sliced into thin sticks
- 1-2 carrots sliced into thin sticks
- 1/4 cup sliced roasted almonds (heat up over stove for 20 secs on low/med heat)
and grilled chicken on top!
- organic mandarin orange slices

Dressing:

- 1Tbsp Coconut Aminos (Whole Foods)
- 1Tbsp rice vinegar
- 1Tbsp Balsamic Vinegar
- 1/2 Tbsp (sesame oil)

(I add a little powdered ginger to mine, but this is good as is! Pour dressing over salad and top with almonds!!! SO refreshing and good!)

Breakfast:

Breakfast "Sandwich":

Chicken Sausage Patty- cooked on stove top

2 Thinly Sliced Apple Pieces

1 Fried egg in coconut oil

Sliced Tomato

Sweet Potato Toast - toasted in oven with ghee

Pile on top of each other!

Option of Raw or Goat cheese!

Lunch:

Chicken Salad:

1 chicken breast chopped

1 Tbs Avocado Mayo

6 chopped red grapes

1 Tbs chopped Pecans

A dash of lemon juice

Salt and Pepper to taste

Serve on lettuce wraps or consume with sweet potato toast!

If doing bread, do an organic gluten free bread!

Dinner

(Nurse Prep):

Turkey "Noodle" Soup!

1 carton of organic low sodium chicken broth

1/2 of a cooked spaghetti squash, scooped out

1/2 squeezed lemon

1/2 tsp thyme

1 cup cooked ground turkey meat (or chicken)

1/4 onion chopped

2 celery stalks chopped

1/4 tsp garlic powder

Sauté veggies with s&p and garlic powder

In a pot on medium heat, add chicken broth

I cut up the squash into little strings. Add those in.

Add lemon juice and thyme.

When veggies soft, add into pot.

Mix well and let sit on medium heat for 10 mins!

Breakfast:

Veggie Scramble:

Add any veggies you'd like to a pan and sauté in ghee (spinach, tomato, broccoli, brussels, onion, etc...)! When soft, add 3 eggs and scramble!

Add some avocado or a side of bacon!

Lunch:

EASY Lunch Salad:

Spring Mix

1/4 chopped red onions

6 sliced grapes sliced

1 Tbs pecans

3 slices chopped deli turkey

1 Tbs apple cider vinegar and EVOO!

Dinner:

Crockpot Spaghetti Sauce

(Nurse Prep)

1 can of Newmans Own Organic Pasta Marinara Sauce

1 small yellow onion chopped

1/2 chopped green pepper

2 cloves fresh garlic, chopped

1 Organic large chicken breast

Oregano, Basil, and Garlic Powder to liking.

A pinch of salt and pepper.

Add all in Crock Pot on low for 6 hours! I top it on some Spaghetti Squash!

You can add this onto fried eggplant made with almond crumbs, zucchini noodles, or on sautéed veggies! SO SO versatile and good!

Scrub Snacks

- Epics Jerkey Bars
- Bag of Almonds, Pumpkin seeds, Dried Cranberries (only sweetened with fruit juice ingredients)
- Avocado with Balsamic Vinegar (Break Room Getaway)
 - Sliced Carrots Bagged
 - Sliced Peppers Bagged
 - LARA Bars
 - RX Bars
 - DNX Bars
 - Chomp Sticks
- Fresh Fruit combined with a healthy fat (handful of nuts)
 - Banana with pre-packaged almond butter- yes this fits in your scrubs!

Break Room Beverages:

- Kobucha (I love Golda & GTS- Gingerade & Trilogy)
- LaCroix Bubble Water (Coconut and Lime)

Hint Water

Coffee with Collagen Protein (because sometimes we enjoy a good "pick me up!")

I get my ScrubSnack ideas from @whole30approved



Coffee PRN

So you know I can't leave you hanging without my epic clean coffee recipes! If you've been following me for a while, you know that I have an intimate relationship with coffee! I love it, but I try to keep our relationship balanced, clean, and healthy! It's not about the buzz for me. It's about the comfort.

It's about the feeling I get when I sip on my coffee and journal first thing in the morning. It's actually self-care for me! I know that sounds crazy, but it truly makes me happy and I know it does the same for many others!

When I started my Clean eating journey, learning I had to give up cream and sugar was a death sentence. "SAY WHAT?!" I started by cutting the sugar in half. I did that for a few weeks. I think changed from cream to almond milk. From there, I worked down to JUST almond milk. Then I actually learned to appreciate and LOVE coffee!



Coffee PRN

When I purchased my Berkey Water Filtering system, it changed not only the quality and taste of the water I drank and cooked with, but the taste of my COFFEE! I didn't realize how much CRAP was in the tap water we drank, how many chemicals sneak through our store bought water filters, and how it alters the quality and taste of our food and drinks. Most importantly though, how it impacts our HEALTH! Switching to the Berkey Changed my water/health game (and the taste of my coffee, but more on that later)!

My Clean Coffee Recipes:

This is my every day:

Option 1:

Black Organic Coffee with almond milk or NutPod Creamers

Option 2:

1 1/4 cup of organic coffee (hot) poured into a powerful blender

(I use Vitamix)

Add 1/4 cup of RAW unsalted cashews

Blend on high for 30-60 second and serve.

Literally a CREAMY dream!

I don't use sweeteners, but if you are tapering off progressed sugar, I recommend blond coconut sugar. It has the same sweetness but a lower glycemic index. Honey works well too. Spices like cinnamon and cardamom can spice a beverage up too! options are all yours!

The Berkey

After years of contemplating a Berkey Filter System, I researched & gained enough knowledge to justify the investment and it was 100% #worthit! So why the Berkey?

Glad you asked:

- It filters bacteria to a 99.99999% level and viruses to a 99.99999% level.
- Removes Lead, MTBE's, and other heavy metals up to 95%.
- Removes fluoride and arsenic if you opt for the fluoride filters
 - Removes chlorine
 - It's Easy to clean, maintain, and it's pretty :))
- Long lasting filters, (3,000 gal/black berkey filter)- I change mine every 3.5 years. YUP! Crazy. • Easy to assemble.
- No electricity- take on the go for vacation & light weight.
 - Stainless Steel
 - PURE tasting water



Drinking (Clean) Water Matters!

PURE filtered water is REALLY hard to come by these days, and it is SO important for your health! I drink water 99% of the time, and my Berkey is quite possibly my best friend! I take mine everywhere and every single person in family owns this system! Most of us don't have a clue about the chemicals and contaminants in our tap water today, nor do we know their long-term effects. We trust that everything is OK, but it's not. In fact, the Environmental Working Group spent three years investigating the country's drinking water and the results were jaw-dropping.

They found that roughly 85% of the population was using tap water laced with over 300 contaminants, many with unknown long-term effects and more than half of which aren't even regulated by the EPA. Even the stuff that you buy bottled at the store, don't let them deceive you! Nobody regulates the bottled water industry and millions of dollars are spent on producing plastic, chemically made bottles that end up polluting 2/3rd of the ocean every single year. Not to mention the amount of time that these bottles sit in heat on transport

When people ask me the one place they can start with their health, I tell them to start drinking water. I don't care what their diet looks like, start drinking only water. You CAN do this. The fact the only drinking water is HARD just shows you how ADDICTING sugar is! We literally crave it when we're thirsty. Our ancestors didn't have soda, koolaid, gatorade, and sweet drinks back in the day. They had water. Water is what we need to survive and it's what our cells are craving when we're thirsty.

Drinking (Clean) Water Matters!

Food scientist have spent billions of dollars to understand the human psychological response to fat, salt, and sugar. They research to find the PERFECT amount that makes people NEED to come back for more AKA addiction. How does it feel to know that your food and drinks were strategically created to make you addicted and come back for more?

Want to know my answer? Drink water. It's all your body wants and needs! You CAN do this!

If you are interested in the Berkey Water Filtering System, and would like to see my complete review, [click here](#)

Be The Boss Of Your Health!

My goal is to help you take steps as a Nurse and Health Advocate to change your life and ultimately impact the lives of others. The reality of all of this is your health dictates everything. It dictates how you feel in life. How you feel at work. How you feel in relationships. How you feel in every moment of your day. Your feelings dictate how you respond and act.

I firmly believe with my entire being that the key to happiness is a WHOLE you. Many people are walking around broken. They are hurt. Hurt people, hurt people. I know that we can't change our past. We can't ignore trauma. We can't control a lot, but we CAN control what we feed and fuel our bodies with. THAT is powerful and will change your life! I do believe that as HEALTH CARE PROFESSIONALS, we need to be an example of health. Our immune systems will be stronger, our spirits brighter, our minds clearer, and our lives happier. Taking control of your health will change EVERYTHING for your life!

Disclaimer:

All information and opinions are my own. This information is not intended to take the place of your doctor or GP. Please consult a physician when choosing to make any changes with your health.

Affiliate Disclaimer:

Please know there are links to products/services/businesses that I buy. I share these resources because I use and 100% believe in their support for a healthy lifestyle. A small % is earned from these links.