

Eating Healthy

Yesterday morning, I noticed so many people photographing their breakfast and sharing it on Instagram. So I was inspired to do the same.



I made a fresh egg cooked inside a slice of 7 sprouted grains bread, seasoned with fresh thyme, sea salt and pepper. I toasted the bread in olive oil first, then cut out the hole and plopped in the egg.



Since I had my cup of coffee earlier, I made hot matcha tea with hazelnut/cashew milk (see my post on [making nut milk](#)) and topped with cinnamon. A delicious and nutritious breakfast, utilizing simple ingredients.



The beginning of a new year is always a good reason to improve upon your health and diet. Though, generally, I consider myself to eat nutritious foods, I find myself skipping meals, eating on the run, all because I say I'm too busy. As a result, I believe my metabolism is slower than it should be.

After years of creating and preparing meals and snacks for my family, I found myself hardly cooking since my oldest 2 went off to college. My teenage daughter is starving at 3:00 p.m. after school and that's when she has her big meal. By 6:00 p.m. no one is hungry and at that point, why bother?

I was lacking imagination and preparing the same things over and over again and/or relying on take out foods when I was too pooped to cook. And of course, there was that glass (or two or three) of wine nearly every night....

Adding a few LBs over the holidays didn't help, so I was very excited to discover that a blogger I admire, Monique from **Ambitious Kitchen** (and others) put together a healthy eating/exercise plan called [Healthy Glow](#).



It's a 6-week program and for a mere \$64 you can download all the recipes, shopping lists, eating guide, etc. I thought, if nothing else, I may find some great new recipes. And they have a 2-day preview of the plan that is free.

what's included



- 6 weeks of deliciously satisfying, nutritionally balanced meal plans (with daily treats!)
- Weekly grocery list organized by recipe
- 18, 30-minute workouts and weekly workout schedule
- All content developed in partnership with a registered dietitian and certified personal trainer
- Photo demonstrations of each move that can be saved to your phone and taken with you
- Private Facebook group to connect with our team and other women completing the program

I personally like the shopping list ~~ so every Saturday we hit the grocery store and get all the items we need for the next week of recipes. The serving size varies so you can

increase or decrease the recipe (or make more and freeze it). The Healthy Glow team make this a very easy plan to follow. They also encourage you to dine out once a week and add a glass of wine too, if you'd like.

food



We'll show you how to have a week's worth of great-tasting, nourishing food on hand that saves you time in the kitchen, money at the store and is anything but boring.



Our meals are as nutritionally balanced as they are delicious, using a variety of protein and fiber-rich foods, healthy fats, complex carbs and fruits/veggies.






Quite possibly the best part about this meal plan? You get to eat dessert every night. That's right, no deprivation here!

The coveted [Nutella Stuffed Brown Butter Sea Salt Chocolate Chip Cookie recipe](#) (that I made all the time for my son's crew team) was created by Monique so I know she is able to eat healthy yet enjoy a variety of foods at the same time.

Even though the program says it's designed for women, I've been preparing the foods for my husband too. He has been adding other foods to satisfy his metabolic needs. He has enjoyed the meals and especially looks forward to the diverse breakfast options (many made the night before and very appreciated on hectic mornings).

We have completed the first 6 weeks and have begun our 2nd round. I felt like I was eating LOTS of food, but I didn't gain a pound, actually I lost a few. For the 2nd round, I am adding the nutritional information to the [LOSE IT! app](#). I didn't realize that the nutritional information was in the

packet (last time) but it's nice to know there is a good balance of protein, carbohydrates and fats.

		
Healthy Glow Guide \$64.00 The Healthy Glow Guide is a 6-week comprehensive food and fitness plan designed to fit your busy lifestyle. It includes weekly workouts, balanced meal plans, grocery lists and more.	Healthy Glow Guide 2-Day Preview Free! Want to know if our signature 6-week program is right for you? Try this free 2-day sampler which includes a condensed version of our meal plan, grocery list and workout plan.	Healthy Glow Guide Bonus Bundle \$15.00 Get 4 bonus workouts, including yoga, as well as a comprehensive video library demonstrating all workouts in the Healthy Glow Guide and the bonus workouts (22 videos total).

I haven't done any of their exercise recommendations because I already have a weekly routine. But who knows? It's nice to have a fall back position if I become stuck in my current regime.

In summary, I've really enjoyed the recipes and eating in a different way. Knowing what you will be having for each meal is so much easier than spending time staring at an open refrigerator door and wondering what to make for breakfast, lunch and dinner.

The egg in toast breakfast was inspired by a recipe in Week 2 of the Healthy Glow plan called Egg in a Frame. It was absolutely yummy. Calories: 307; Fat: 20.5 g; Carbohydrates: 22.8g; Sugar: 2.2g; Fiber: 2.8 g and Protein: 9.5 g.

Wishing you a healthy week!

Mary

