



• STRENGTH & CONDITIONING •

# ACTIVE SOULS PROJECT FOOD GUIDE

At Active Souls Project & Soul Wellness, we understand the unique needs of picky eaters. Our goal is to provide tools that will help make this easier for you and your child and successfully consume optimal amounts of nutrition daily.

## TIPS FOR WHEN...

### "SHE REFUSES TO DRINK WATER"

Water is crucial for optimal health. It hydrates, helps regulate body temperature and prevent constipation and urinary tract infections. But most people don't enjoy drinking water and don't consume nearly enough to feed and fuel their bodies. Children find it boring and tasteless and some even find water "funny" tasting depending on its source. Some fun tricks that you can try: buy fun cups, freeze some cool shapes, stick a slice of fruit in there, suck from a silly straw and be a water role model.

### "HE ALWAYS LEAVES HIS VEGGIES"

Don't panic! It's common for kids not to eat their veggies. Vegetables are typically bitter in flavor and the least calorie dense food on the plate. Try adding salt, butter, oil, sauce, dressing and spices. This will add flavor and calories to encourage your picky eater. Starchy veggies like potatoes, sweet potatoes, beans, lentils and squash are nutrient packed and sometimes more acceptable for the picky eater. Try incorporating them into meals by pureeing them and adding them to their favorite dishes. Keep presenting these ideas to your child, don't give up; it can take 10 to 15 consecutive tries before a child will accept a new food.

### "I HAVE A CHOKING CONCERN"

There are 3 things to keep in mind when it comes to choking. Size, shape and hardness. With hard foods you should soften it, cook it, mash it or shred it; anything that makes it really fine and easier to chew. When it comes to size; cut it and air on the small side. For shape; round can be a plug so cut length wise.

### "SHE HAS FOOD SENSITIVITIES"

Knowing what food sensitivities they have is a huge help. Reading labels and asking questions is strongly recommended. Ensure that what may cause a reaction is not part of her diet.

## TIPS FOR PARENTS

Having a child that requires your assistance and guidance can be overwhelming at times, we understand this gets tiring and some may even feel that they can't keep up. Please know that you are doing a GREAT job and you are not alone.

**1.** Most importantly, do not pressure your child! As meal time approaches inform them that it will be time to eat in 5 minutes...3 minutes...1 minute. You can involve your child in the food decisions. Give them 2-3 different foods to choose from. This will give them a feeling of being part of the decision making and encourage them to have one bite at a time.

**2.** Address their fears, discuss them openly, and validate! Asking open ended questions, coming up with a "deal" or solution together as to what meals will be attempted and how they will help feed their bellies.

**3.** Make food fun! Desensitizing them to foods is important, so cook and bake with them often. Also, do art or craft projects that involve playing with food. For example, you could make chocolate pudding and crush up Oreo cookies to make "dirt," then place gummy worms in the dirt, etc. Let them get used to the textures on their hands first.



**4.** When you feel they are ready, introduce new foods in small increments.

**MONDAY:** Smell the food

**TUESDAY:** Kiss the food (or touch to lips)

**WEDNESDAY:** Lick the food

**THURSDAY:** Hold a bite of food in their mouth

**FRIDAY:** Chew a bite and swallow

**SATURDAY:** Reward, reward, reward!

**5.** Bring different food groups together as ! Soups are a great way of filling them with multiple vegetables, then pureeing them. You can add rice pasta to the soup. Home-made sauces can be delicious. Making your own sauces out of vegetables and different spices. Juicing can be an option. Making your own fruit juices by juicing or blending vegetables and fruits together. Smoothies are yummy and can be made in different consistencies and flavors; add ice to make it more slushy or more water to make it more liquid. Meal replacement shakes like Usana's Health Sciences Nutrimeal , are a good source of balanced ratios of proteins, fats, fibers and low glycemic carbohydrates.

**6.** Adding nutritional supplements to their diet. Most of the Usana's nutritional tablets can be crushed with a pill crusher, and some are chewables. The best way to add them to your meals is to serve them as a treat if they are chewable, crush them into their actual meal or to break them down and add them to a smoothie or meal replacement shake.

We are here for you! We understand that each child will have their own unique focuses and goals and we are here to help your child obtain their greatest version of optimal health. Active Souls Project clients and community members will receive a complimentary 45 minute consultation to personalize your health goals. Join our mission to create healthy kids and happy families!



# USANA'S BALANCED MEAL REPLACEMENT SHAKES

- Balanced approach to nutrition
- Great tasting and convenient meal replacements
- Reduce carb cravings and help maintain a healthy weight
- Low glycemic
- Gluten free
- Non-GMO
- Preservation free
- Low in saturated fat
- Rich in dietary fibre and protein

## 3 FLAVOURS TO CHOOSE FROM:

- Dutch chocolate
- French vanilla
- Light Vanilla (Plant-based)



## EASY STEPS TO ADD A DELICIOUS TWIST TO ANY NUTRIMEAL™ SHAKES

### COCONUT BREEZE

One sip of this tempting shake will make you feel as if you're sun bathing on the sandy beaches of Tahiti.

355 mL water  
3 scoops Vanilla Nutrimeal  
2.5 mL coconut extract



### GRASSHOPPER

Mint and chocolate—two ingredients destined to be together. The flavour combination makes this shake completely refreshing and satisfying.

355 mL water  
3 scoops Chocolate Whey Nutrimeal  
mint extract to taste



### RAZZLE DAZZLE

One burst of raspberry flavouring mixed into your traditional Chocolate Nutrimeal will add a twist of fruity flawlessness to your day.

355 mL water  
3 scoops Chocolate Nutrimeal  
2.5 mL raspberry extract



### THE BANANA STAND

Who would've thought it'd be possible to recreate the flavours of a chocolate banana-split sundae in one of our traditional Nutrimeal shakes? USANA—that's who!

296 mL water  
3 scoops Chocolate Nutrimeal  
1 banana  
118 mL ice



### BOBBING FOR APPLES

Nothing adds to the refreshingly tart flavour of crisp apple like some sweet and delectable caramel. Bring these wonderful flavours together, blend with ice, and you won't believe your taste buds.

296 mL water  
3 scoops Vanilla Nutrimeal  
1.25 mL caramel extract  
red apple extract to taste  
118 mL ice



### PUMPKIN PIE SMOOTHIE

Why wait until the holiday season to enjoy one of fall's most popular pies? Now you can savour the delicious flavours of pumpkin pie anytime—without the guilt.

Servings: 2  
296 mL water  
3 scoops Vanilla Nutrimeal  
10 mL Fibergy® Plus (optional)  
118 mL canned or fresh pureed pumpkin (unsweetened)  
1.25 mL vanilla extract  
2.5 mL pumpkin pie spice  
236 mL ice  
1 packet stevia (optional)



### COOL BANANA CHAI

This particular shake is meant for those looking to give their early morning or dragging afternoon the energy boost it needs. It's also packed with the perfect flavour combination of banana and cinnamon.

355 mL water  
3 scoops Vanilla Nutrimeal  
1 banana  
15 mL cinnamon  
1 Rev3 Energy™ Surge Pack  
15 mL Optomega®



### THE JOY OF ALMOND

After you've chugged this blended shake, you'll be delighted to know you've discovered a healthy, low-glycemic alternative to one of your favourite candy bars.

296 mL water  
3 scoops Chocolate Nutrimeal  
1.25 mL almond extract  
118 mL ice



### ORANGE CREAMSICLE

This shake holds true to the classic summer favourite by tasting just as creamy and delicious as the original.

296 mL water  
3 scoops Vanilla Nutrimeal  
2.5 mL orange extract  
vanilla extract to taste  
118 mL ice



### ALOHA PINEAPPLE

The addition of crushed ice and yogurt in this shake balances out the acidity and tartness of the juicy pineapple.

296 mL water  
3 scoops Vanilla Nutrimeal  
118 mL low-sugar plain yogurt  
118 mL crushed pineapple  
118 mL ice



### FUDGY WUDGY SHAKE

For all the chocolate lovers out there—this should be your first stop when choosing which shake to dive into first.

Servings: 2  
236 mL low-fat evaporated milk  
3 scoops Chocolate Whey Nutrimeal  
30 mL malted milk powder  
236 mL ice



### PIÑA COLADA SUNRISE

Try and stop yourself from adding a tiny umbrella to this delicious shake once you taste how close the flavours come to its original counterpart.

296 mL water  
3 scoops Vanilla Nutrimeal  
1.25 mL coconut extract  
133 mL fresh pineapple  
118 mL ice



Soul  
WELLNESS

### SOUL WELLNESS TEAM

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### FIND US ON SOCIAL MEDIA

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