

nourish by nutribullet.

a 12-week,
dietitian-approved
wellness program.

Nutrition made simple.

If you're fed up with fad diets, suffering from nutrition information overload, or just wanting to improve your own health and quality of life, you've come to the right place! With Nourish, you'll receive step-by-step guidance from our very own registered dietitians that will inspire you to give yourself some well-deserved TLC. By the end of the program, you'll be equipped with new strategies to help you reach your wellness goals.

1. Sign up.

At the beginning of each week, we'll kick off a new wellness challenge. For each week of Nourish that you participate in (which may look like sharing a photo of a smoothie or other recipe you made, for example) you'll be entered into a random drawing to win a FREE NutriBullet product. Have your ears perked up yet?

2. Find an accountability buddy.

Find a teammate to help keep you motivated, hold you accountable, and make the process more fun!

3. Keep your eye on the finish line.

Envision how you want to feel at the end of these 12 weeks and write it down. While you're at it, write down an affirmation or two that will keep you feeling motivated even when you have a case of the Mondays.

Each week, you'll build on the healthy habit you incorporated from the previous week. In these 12 short weeks, you'll have adopted 12 no-nonsense, no-fad strategies for lasting and sustainable well-being. Keep us posted on your progress by getting in touch with us on social and using the hashtag **#nourishbynb**



week 1

Drum roll please! Your first challenge is to...Sign up!

This week is an easy one – so if you haven't done it already, be sure to sign up to receive exclusive Nourish content sent straight to your inbox.

This week, you'll also want to make sure that you have your NutriBullet ready to go! Aside from weekly tips and tricks, we'll also be dishing out recipes you won't want to miss.



week 2

Blend it up.

One of the best things you can do for your body is to try to eat regularly throughout the day. How many times have you skipped breakfast and lunch only to end up wolfing down dinner to feel overly stuffed and uncomfortable? Smoothies are one of the easiest on-the-go meals that pack a serious punch in the nutrition department.

Blend up a simple smoothie for a snack or a more substantial smoothie for a meal!



essential green smoothie

Here is a quick & easy breakfast smoothie — packed with protein, fiber, and healthy fats to start your day on a Nourish(ed) note.

week 3

Have plenty of fruits & veggies.

Packed with health-protective antioxidants, vitamins, minerals, and fiber while essentially void of cholesterol, sodium, and saturated fat — adding more veggies and fruits to your meals and snacks is one of the best ways to improve your dietary habits, practically overnight.

Aim to add a serving of veggies and/or fruits to your day...one meal at a time. Start with one serving at breakfast and see if you can add another to lunch, a snack, dinner...or all of the above!



blueberry forever smoothie

Is there such a thing as a perfect smoothie? This sweet medley with fruits and veggies makes a strong case.



week 4

Opt for whole grains.

Unfortunately for carbohydrates, they've been the victim of some incriminating press over the past several years despite the fact that evidence has consistently shown that regular consumption of whole grains (the key being *whole*) may help to protect against the development of certain chronic diseases, such as cardiovascular disease, metabolic syndrome, type 2 diabetes, and cancer.

In a meal or recipe that you're inclined to have a refined grain, swap it out for a whole grain version! Think: whole grain pasta and bread, barley, quinoa, oats, and brown rice.



large batch overnight oats

Enjoy the goodness of whole grains in overnight oats. This large batch is perfect for serving a crowd or for making at the beginning of the week to have on hand for busy mornings.



week 5

Power up on plant-based protein.

The building block for many of your body's cells, protein can also help maintain lean body mass and promote feelings of fullness even after you've finished eating. Protein can be found in the usual suspects: eggs, dairy products including cheese, yogurt, and cottage cheese, as well as poultry, beef, pork, and seafood. Plant-based sources offer antioxidants and fiber while being practically void of cholesterol or saturated fat – and still giving your body valuable protein. Sources include legumes, beans, lentils, soy foods such as edamame and tofu, nuts and nut butters, as well as seeds.

Add a source of plant-based protein to your day to help keep your body humming like a smooth-operating machine. Bonus: it's kinder for the planet, too!



avocado hummus

Whip up a batch of this tasty Avocado Hummus at the beginning of the week to spread on sandwiches or use as a dip for raw veggies.



week 6

Banish your fear of (plant) fats.

Gone are the years of fearing fats. Studies have proven that fats help to stabilize blood sugar levels and help keep hunger pangs at bay. Plant-based fats, like the fats found in avocados, olives, nut, seeds, and plant-based oils, protect our hearts from cardiovascular disease.

Make friends with plant-based fats! Add a serving of these healthy fats to a meal, snack, or smoothie!



greek salad vinaigrette

Taking a note from the Mediterranean Diet, this Greek Salad Vinaigrette, is made with heart-healthy olive oil.



If you're more likely to eat sautéed veggies or a salad topped with vinaigrette, think of this as a win-win. By using a plant-based oil, you're adding healthy plant fats to your meal.

week 7

Snack smartly.

We'll let you in on a little snack hack. Snacks are great opportunities to add more nutrients to your day. Our favorite snacks are those that contain both fiber and protein-rich foods, which is a winning combo in helping to keep you satisfied.

Examples include:

- apple slices with peanut butter
- almonds with raisins
- veggies with hummus
- a smoothie!

Upgrade a snack each day this week. Adopt our snack hack philosophy and aim to make your snacks rich in fiber and protein.



peanut butter energy bites

Made with only 5 simple ingredients, these energy-boosting Peanut Butter Energy Bites make a nourishing and delicious midday snack.



week 8

Choose your beverages wisely.

Regular consumption of sugar-sweetened beverages like soda, sports drinks, enhanced waters, and fancy coffees have been linked to an increase in several chronic diseases, such as heart disease. Instead, opt for plain water or unsweetened tea and enjoy a nutrient-packed smoothie for a meal or snack to help prevent beverage boredom.

Make water your go-to beverage this week.

other no-sugar added thirst-quenching tips

- Add fresh slices of lemons, limes, oranges, or cucumber to your water.
- Pour a glass of sparkling water and add a splash of real, fresh juice, such as cranberry or orange juice, for a hint of flavor.
- Eat your fruits and veggies! About 80% of the total water we consume comes from beverages while about 20% comes from foods like fruits and veggies!



week 9

Get moving.

Aside from helping to reduce the risk of various chronic diseases, being physically active can also help you feel better by releasing endorphins. Current recommendations for adults are two days of strength training and 150 to 300 minutes of moderate-intensity aerobic activity each week (think brisk walk for 30 minutes a day).

Squeeze in 30 minutes of aerobic activity each day this week.



Loco-Cocoa Recovery Shake

After being active, your body is primed for absorbing nutrients. Sip on this Loco-Cocoa Recovery Shake, which provides your body with both carbohydrates and protein – just what your body will need!



week 10

Be mindful.

If your thoughts are spinning, try listening to short, guided meditations to get started. Meditation isn't just for yogis. Turns out that turning inward is a powerful tool for enhancing your overall health and well-being – from reducing anxiety and stress to fatigue and blood pressure.

Start with setting aside at least 5 minutes each day for a "mindful moment", it can be as simple as focusing on your breathing.



black bean brownies

Sweet craving? Set all of your distractions aside and slowly enjoy a fudgy, chocolately brownie for a mindful eating moment. Focus on the flavor, texture, and a few moments of calm.



week 11

Make sleep a priority.

Sleep deprivation is a nation-wide health issue affecting more than one-third of Americans. While your never-ending to-do list may be pulling you away from your nightly downtime, it's important to prioritize your recommended 7 hours of zzz's. It not only helps to protect against the development of several chronic conditions, but it also helps to keep the hormones responsible for regulating your appetite — ghrelin and leptin — in check.

Set your own sleep intention this week: it could mean having a regular bedtime, starting a nightly routine to wind down (no screens, perhaps?), or even aiming to get at least 1 more hour of sleep per night.



cherry-and-oats bedtime smoothie

Sip on this smoothie before it's time to hit the hay. The ingredient combo of complex carbs and calcium-rich protein may gear you up for a good night's sleep. Top your smoothie with dark chocolate shavings for added flavor and benefits.



week 12

Enjoy your meals with others.

Recent research has shown that who you're enjoying your meal with is an essential factor in overall health — not just the foods you're eating. Relationships have been shown to have a profound influence on protecting against mental and physical decline as we age. Simply put, those who report having positive relationships live longer, happier lives.

Share a recipe or even a (virtual) meal with someone you care about this week. Know that in doing so, you're improving your health.



vegan tomato soup

Cozy up with a bowl of dairy-free tomato soup for an easy lunch or dinner. Add a spoonful of cooked quinoa to your serving for an added dose of protein and fiber.



congratulations!

on making it through these past 12 weeks and taking a step in a positive direction
towards more balance and long-term health!

We've covered a lot over these past few months from eating habits and physical activity
to stress management and sleep.

What tip has had the most profound impact on your life?

Share it with us on social using the hashtag **#nourishbynb.**

We'd love to hear from you!

