

5 WAYS TO KEEP ON TRACK WITH FITNESS AND NUTRITION

FOR FALL

KEEP IT MOVING



Don't let the cooler weather and holidays that creep up start to slow you down. Get outside bundle up and keep it going. This is a great season for hiking, trail running, and getting a new gym membership. Set a goal to move at least 15,000 steps a day to start you in the right direction.



TRY NEW RECIPES LIKE CROCK POT MEALS, SOUPS, AND HEARTY CASSEROLES

This is the best time to get creative and make warm meals with lots of root veggies, herbs, and spices. Go for crock pot meals that have a healthy protein, at least 3 veggies, 3 herbs and spices, and bone broth. Make a hearty soup filled with the filling 4: fiber, fat, protein, and veggies. Recreate your favorite casserole by making small change in to the ingredients to make it more nutrient dense,



CONTINUE TO STAY HYDRATED

Just because the cooler months are here doesn't mean we should stop drinking water and start drinking more warm beverages like coffee, hot tea, hot cocoa, etc. While we can enjoy these things during this month keep in mind they can all be dehydrating. You'll want to match each 8oz serving with 1.5 times that in water. So drink up with good ole H₂O.



PUMPKIN EVERYTHING

Some great ways to incorporate pumpkin without all of the extra sugar and unwanted ingredients: add to your next chili or soup, homemade pumpkin protein bars or balls, add roasted pumpkin or the seeds to your next salad, grill or sauté it for your next side at dinner, mix puree pumpkin in your tomato sauce for pizza or spaghetti, add a few slices to your sandwich or wrap, use the smaller pumpkins and stuff them with grains, and use pumpkin baking mixes with fiber and less than 10g of sugar per serving.



EAT IN SEASON

It's a new season so it's time to try some new produce as well. Try some of fall's bounty like; beets, pears, butternut squash, spaghetti squash, pumpkin, cranberries, kale, okra, parsnips, acorn squash, and sweet potatoes.

WEBSITE:

www.kskwikkleankitchen.com