



BACK TO BASICS

Holistic Nutrition with Holly Bryson, RHN



Overview

- **My Story**
 - How I got here
 - Postpartum Anxiety
- **Holistic Nutrition**
 - What is it?
 - What areas does it cover?
- **Nutrition Basics**
 - Nutrition tips for Moms

My Story





Holistic Nutrition

- Root word of holistic is *whole*
- is **Whole Body Nutrition** + includes everything that feeds your:
 - Mind
 - Body
 - Soul
- Believes our mental, physical + spiritual health are all connected
- Believes health is more than just diet + exercise!
- Emphasizes the importance of areas like self-care, stress management, changing your mindset, mindfulness, ditching toxic people, working through past traumas, finding your purpose, and more



Nutrition Basics

- Water
- Ingredient Meals
 - Breakfast
 - Lunch
 - Dinner
 - Snacks
- Batch Cooking
- How to Enjoy Time in the Kitchen



Water

- "Water is our lifeblood, a nutrient more essential than food."
- Aim for 2-3 L per day
- Ways to drink more water:
 - Drink water as soon as you wake up
 - Infuse it! Try adding different fruits (fresh, frozen, sliced) - lemon, lime, grapefruit, orange, cucumber, frozen berries, crushed mint, etc.
 - Herbal teas – hot, warm, iced; plain or add a bit of honey or stevia
 - Play with temperatures of water to see what you like best
 - Use a straw
- Drink water between meals, instead of with meals to improve digestion

Ingredient Meals

When planning meals, aim to have at least one source of:

- **Protein**
- **Fat**
- **Produce or Fibre**

Together, they stabilize blood sugar:

- Helps to balance moods + irritability
- Helps to balance energy throughout the day

Complete Proteins	Healthy Fats	Fibre
Wild fish (fresh, frozen, canned), seafood	Avocado, avocado oil	Vegetables, fresh or frozen
Well-raised beef, chicken, pork, wild meat	Coconut: coconut oil, coconut butter, coconut flakes	Fruit, fresh or frozen, organic dried fruit (check ingredients)
Eggs	Nuts + Seeds, butters	Whole grains
Complete veggie proteins: quinoa, hempseeds, chia seeds, buckwheat	Olive oil	Beans + legumes
Combined veggie proteins: Grains + Legumes; Legumes + Nuts or Seeds; Grains + Dairy	Fats from well-raised animals (lard, tallow, duck fat)	
Yogurt, cheese	Dairy, butter or ghee	



Easy Breakfast Ideas

- **Overnight Oats** with hempseeds, full-fat coconut milk and fresh or frozen berries
- **Eggs with Roasted Sweet Potatoes** - Eggs fried or scrambled with butter, ghee, coconut oil or avocado oil, served with leftover roasted sweet potatoes. Optional to add some avocado on the side or throw spinach or veggies into the scramble.
- **Smoothie** - base: nut milk or water with nut butter, hempseeds or collagen for protein, frozen fruit, banana and spinach



Easy Lunch + Supper Ideas

- **Quinoa or Rice Bowls** with canned beans or legumes, leftover meat, canned salmon or tuna, hard-boiled eggs or even rotisserie chicken; whatever veggies you have on hand, and a dressing or sauce
- **Balsamic Pasta** with brown rice pasta, chicken, sliced olives, Italian seasoning, sea salt, olive oil and balsamic vinegar. Add in: leftover roasted veggies, fresh spinach or tomatoes, feta
- **Slow cooked meat** with roasted root veggies and sautéed frozen veggies or salad

Snack Ideas

- **Fruit**
- **Veggies**
- **Nuts + Seeds** – raw , unseasoned
- **Pure Nut/Seed Butters**
- **Dried Fruit**, unsweetened, (make your own trail mix)
- **Plain yogurt**, add in fruit and maple syrup, honey or stevia for sweetness; or make veggie dips
- **Cheese**
- **Crackers** – Mary's Crackers, rice crackers, Nut Thins
- **Proscuitto, olives, pickles**
- **Bread** – sprouted grain or gluten free
- **Popcorn** – pre-popped or make your own with coconut oil and sea salt (or butter if you don't need it to be shelf-stable!)
- **Roasted chickpeas**
- **Chips** made with coconut oil or avocado oil (Nutters)
- **Guacamole**
- **Larabars, Meatbars**
- **Hard-boiled eggs**





Snacks - A little bit of prep work

- Chia Pudding
- Energy balls
- Gelatin Gummies
- Granola
- Whole food baking
 - Naturally sweetened cookies, muffins, etc
- Smoothies, Smoothie Popsicles
- Hummus
- Kale chips
- Banana ice cream (blended frozen bananas)
- Egg Muffins
- Oatmeal



Batch Cooking

- Batchcooking 1-2 times a week can save time at mealtime because part of the work or all of the work is already done
- To mealplan or not to mealplan?



How to Enjoy Time in the Kitchen

- Make the kitchen somewhere you want to be by:
 - Putting on your favorite music
 - Putting on a podcast you've been waiting to listen to
 - Lighting candles
 - Diffusing your favorite oils
 - Putting crystals around you
 - Doing whatever makes you happy
 - Making a cup of your favorite tea or having a glass of wine
 - Having a kid helper or not
 - Inviting a friend over to batch cook together



BACK TO BASICS

Holistic Nutrition with Holly Bryson, RHN