



Blog Post 2/14/19

“Eating Healthy and Staying Fit During Mardi Gras”

As busy, working individuals, we can multitask and get so much accomplished in a single day. We wear multiple hats and have so many people depending on us including our families. Many of us have careers, children, pets, and parents to take care of and we must manage it all. But we are so busy that we find it difficult to focus on ourselves and our health.

In January we vow to make changes, set goals, and transform our lives. Then, as soon as we get focused and start incorporating healthier habits something happens.... Mardi Gras. We lose sight of our goals and we decide that we will worry about our health after Mardi Gras. How many people in Louisiana give up their New Year resolutions during Mardi Gras because they know they can set new goals during lent?

We find time around our hectic lives to attend every parade and king cake party, but we just cannot find the time to exercise or plan healthy nutritional options to keep us on track. We decide to give ourselves a break in this regard and chalk it up to the carnival season and the fact that everyone does this, right? We decide that fitness and nutrition will be our focus after Ash Wednesday, and we will give up sugar for lent.

What if we decided to prepare each week with nutritious meals just like we prepare for everything else in our lives? What if we lost the all or nothing mindset and had a plan to enjoy the season, indulge a little, but not veer too far off course?

You can eat healthy and stay fit during Mardi Gras with these tips:

1. Plan, Plan, Plan- failing to plan really does mean planning to fail. A weekly plan that incorporates fitness and healthy, fresh meals will set you up for success. This does not need to be overwhelming. Your plan may include easy grab and go options at local restaurants, prepared family meals from the grocery store, healthy snacks stashed at your desk or fresh fruit easy to grab from your car. Add fitness into your weekly routine as well, even if it is just 10 min before bed.
2. Indulge - Focus on being aware of your choices, because you don't want to feel like you restricted and missed out, but you don't want to feel like you indulged in something that wasn't worth it. Pick a meal or a treat that you can indulge in but make healthy choices throughout the day.
3. Fill Up on Nutrient Dense Food First- If you eat a well-balanced, nutrient dense meal prior to attending a party or parade you are less likely to consume too many empty calories. Fresh is always best. Try to limit processed, packaged foods and consume fresh food prior to indulging.
4. Hydrate- Consuming water, especially before and during meals, will help you to feel full sooner. Drinking enough water throughout the day is associated with weight loss, improved mood, energy and more.

Healthy Options on the Go

- **Shipt**- local grocery delivery. Order fresh produce, meat, and more from your local store using the Shipt app or website. Currently using Rouse's but more stores to come.
- **Tessier Gourmet**- Gourmet take out with fresh and frozen options. Different portion sizes for a single serving to a family size meal. Gluten free, vegan and vegetarian options. Two locations- Covington and Folsom.
- **Healthy Course Meals**- select your meals, customized to your liking and dietary needs, including 5 for \$35 meal deal, readymade meals, kids meals or items by the pound. Meals are made fresh to order with clean, healthy ingredients. Pick up, delivery and shipping options. Pickup available in Covington free of charge.
- **Nur's Kitchen**- Offers certified gluten-free, non-GMO, preservative-free, Mediterranean food. . Grab and go, gluten free, vegan and vegetarian options. Located in Covington.
- **Swegs**- converted southern comfort foods into healthy, nourishing meals that never sacrifice flavor. SWEGS follows nutrition standards, created by their on-staff dietitian, to ensure the highest nutrient density possible. An easy to follow color wheel is available to customers to determine specific dietary needs. Prepared Meals that are made fresh. Mostly individual meals but offer items by the pound as well. Located in Mandeville.
 - Meal plan through Swegs- Call to order. 9 meals for \$60 (3 breakfast meals, 3 lunch meals and 3 dinner meals)
- **Eat Fit Northshore**- Registered Dietitians with Oschner Fitness Center created Eat Fit to take the guesswork out of dining out healthfully, to make the healthy choice the easy choice. Eat Fit makes it easy to indulge without the guilt. Using the Eat Fit app, find an Ochsner Eat Fit restaurant with Eat Fit menu options and full nutrition facts. Call ahead and order to go with options like Coffee Rani. Eat fit restaurants are all over Louisiana.
- **Creekside Café**- Creekside Cafe is open to members as well as non-members, and features a variety of freshly made breakfast, lunch and dinner options, including great salads, sandwiches, panini and wraps, home-made soups, inspired daily specials, and nutrition shakes. They offer weekly protein packs available to pick up for weekly meal planning. Located in Covington.
- **Smoothie King**- Cleaner blending makes every blend better. From Fitness and Slim blends to Wellness and Take a Break blends, every smoothie is purposefully blended to help you reach your health and fitness goals. Whether you want to build muscle, get lean, or strengthen immunity, there are options for everyone. Locations in Covington and Mandeville.
- **Green fork**- Options of vegan, gluten free, and paleo friendly soups, salads, and entrees are prepared daily in small batches along with a fresh juice and blending bar. Located in Covington.
- **Forever Fit Kitchen**- Eat Fit partnered with The Community Center at Christwood to offer healthy, affordable options for breakfast and lunch. Dine in or take to go.

For recipes, meal plans, and more information on local options contact Molly Koenig

