

KUHLEFIT
RENEW YOUR VITALITY



Trucker Service Association

LIVE HEALTHY
DRIVER HEALTH CAMPAIGN

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FAILURE TO PLAN IS PLANNING TO FAIL

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What would you do if you tripled your energy, had more time in your day, and had a greater direction and purpose in life?

WOULD YOU...

Travel more?

Spend extra time with your family?

Climb a mountain?

Go deep-sea fishing?

None of these “would you’s” are out of reach and with a little support, motivation, and direction they’re all accomplishable. A clearly defined purpose has been written down, and it's clear which foods are healthy choices and which foods are not. Now let’s discuss how to put these steps into practice throughout busy weeks.

IT ALL STARTS WITH PLANNING AHEAD

Unfortunately, we live in a society of convenience, which would be awesome if convenient food options were actually nourishing. However, a large percentage of convenient foods are incredibly stressful on the body and result in an inflammatory response. Companies use cheap oils that produce large levels of systemic inflammation and while good for the company’s wallet, it's bad for your health. These same companies use ingredients and/or additives that are addictive in nature which leave you wondering how you could not stop eating them. Once again, good for their wallets, bad for your health. Or when “healthy drinks” are highly pasteurized removing any nutritional value and adding hidden sugars, leaving consumers to ingest large amounts of these products without any improvement to their health. Yet another example of good for a company’s wallet, but bad for your health.

WHERE TO START

Where to start:

Start by setting aside one hour for shopping at the grocery store and ninety minutes for meal prepping each week.

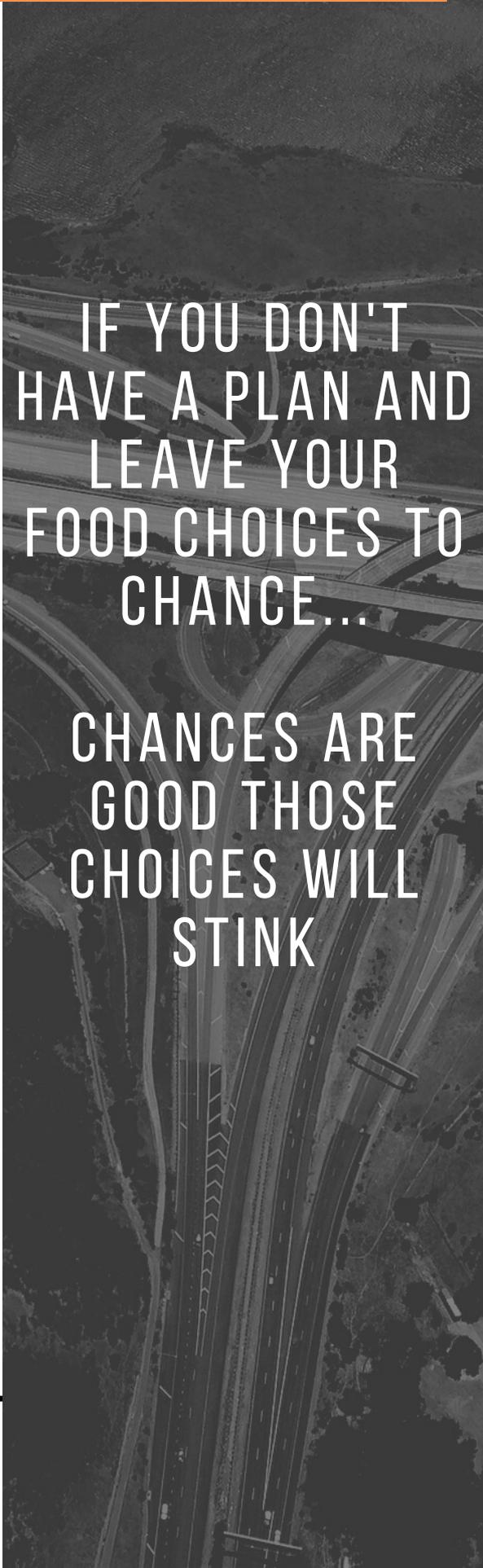
** Meal prep time will decrease with practice and repetition. **

Two and a half hours is all it takes to set the stage for an extremely healthy week.

First, start by taking a trip to the grocery store. Use all the previously acquired knowledge and tips on what to buy and what to avoid. Remember to shop the perimeter and avoid the “4 White Devils.”

Stick to single ingredient foods for the MAJORITY of purchases: potato, apple, lettuce, cucumber, grapes, carrots, etc. The MINORITY of foods can include multiple ingredients: peanut butter, protein powders, beef jerky, sour cream, salad dressings, etc.

Remember, the more certified organic foods are purchased and consumed, the quicker health will improve.

An aerial photograph of a complex highway interchange with multiple overpasses and ramps. The image is in grayscale and serves as a background for text on the right side of the page.

IF YOU DON'T
HAVE A PLAN AND
LEAVE YOUR
FOOD CHOICES TO
CHANCE...

CHANCES ARE
GOOD THOSE
CHOICES WILL
STINK

MEAL PREPPING 101



Time to meal prep has been set aside. Food has been purchased. Now let's consider how to efficiently prep, while saving time and making the best tasting foods for the road.

1. **Start with foods that take the longest to cook.**

a. (Sweet) Potatoes can take upwards of 60-75 minutes in the oven. Get those cut and/or placed in the oven right away. If using a slow-cooker for meats or broths in a crockpot, consider beginning those the night before.

2. **Move to the stovetop.**

a. Get rice placed in your pot and slow cook on the stove or rice cooker for the next 30-45 minutes. Use this time to cook various grains (quinoa, tapioca, buckwheat, sorghum, pasta etc.).

3. **Meat time.**

a. This step may move based on preferred cooking methods. Smoking meats will take longer, whereas browning hamburger in a pan will be quicker. Prep all meats and cook them at this point in time (e.g., Turkey, chicken, beef, shrimp, salmon, pork, beans, liver, etc.).

MEAL PREPPING 101



4. **Vegetable time.**

a. Prep any vegetables that will require cooking. Broccoli, cauliflower, zucchini, onions, asparagus, and beets are all great options to pop in the oven as they only take around 20-30 minutes. Otherwise, cut up raw vegetables and store them in the fridge. Cucumbers, carrots, peppers, and celery can be stored and stay fresh for days.

5. **Assembly time.**

a. As the foods all finish cooking at the same time, start creating the meals for the week. Mix up the meats and vegetables to have a variety of combinations.

6. **Clean up time.**

- a. Utilize this time to store the freshly cooked and cleaned foods. Place meals in the fridge, freeze any additional foods that won't be eaten within the next 3-5 days. Finally, clean all dishes.
- b. You've officially meal prepped and set yourself up with the highest chance of succeeding at a week's worth of healthy eating.

ADDITIONAL TIPS

Tips

- For single ingredient foods, eat as much as desired. It's tough to over consume these nutrient rich foods.
- Maximize the taste of your vegetables by cooking them in high-quality coconut oil, grass-fed butter, or ghee. All of these options taste amazing.
- Don't shy away from Non-GMO seasonings, spices, and rubs. They make any food taste delicious with many additional health benefits.
- Hungry shortly after a meal?
 - Drink 12-16 ounces of water. Most individuals mistake thirst signals for hunger signals.
- Include a source of protein at every meal to improve satiation and avoid snacking.



DON'T EXPECT
SUCCESS

PREPARE FOR IT

ROAD FRIENDLY FOODS



- Canned fish makes for great travel protein sources. It's easy to eat as a snack, quick to pair with salads or a piece of fruit. Wild Planet canned Mackerel and Wild Yellowtail is a staple in my pantry.
- Raw nuts and seeds are healthy when consumed in moderation.
- Organic oats are one of the best travel foods.
 - They can be eaten cold and are a staple in multiple "meals"
 - Overnight oats are a road friendly
 - Can be used to make protein balls with minimal additional ingredients (Oats, nut butter, cacao nibs, almond milk, and protein powder)
 - Quick and easy to cook. Naturally sweeten with a drizzle of honey and a scoop of blueberries
- Carrots and hummus, celery and nut butter, cheese and apple. All are healthy, simple and quick snack combos.
- Protein shakes from high-quality protein sources/companies are a great way to add additional protein, nourish the body, and stay satiated longer. Try seeking out collagen or bone broth proteins. Limit or eliminate whey proteins as many individuals don't do well with whey products.