

Wonder Body™ Healthy Kitchen Essentials

Challenge Yourself. You Deserve It.

Creating a healthier kitchen can make balanced choices easier throughout the week. This guide provides general nutrition education to support healthy lifestyle habits.

Build a Balanced Plate

Lean Protein

Examples

Chicken, turkey, fish, eggs, Greek yogurt, beans, and tofu.

Why It Matters

Protein supports muscle maintenance and can help you feel satisfied after meals.

Colorful Vegetables

Examples

Leafy greens, broccoli, carrots, peppers, tomatoes, and cucumbers.

Why It Matters

Vegetables provide vitamins, minerals, and dietary fiber.

High-Fiber Carbohydrates

Examples

Oats, brown rice, quinoa, sweet potatoes, and whole-grain bread.

Why It Matters

These foods provide steady energy and fiber.

Healthy Fats

Examples

Avocado, nuts, seeds, and olive oil.

Why It Matters

Healthy fats add flavor and support overall wellness.

Hydration

Examples

Water throughout the day.

Why It Matters

Staying hydrated supports normal body functions and exercise performance.

Coach Wendy's Tip

Aim to include a source of protein, colorful produce, and a high-fiber carbohydrate in your meals more often. Healthy eating is built through consistent habits, not perfection.

Kitchen Essentials

Refrigerator

Fresh fruit, vegetables, eggs, Greek yogurt.

Pantry

Oats, brown rice, beans, olive oil, herbs and spices.

Freezer

Frozen vegetables and frozen fruit.

Quick Snack Ideas

Fresh fruit, plain yogurt, nuts, whole-grain crackers.

This Week's Healthy Habit

Choose one meal each day to intentionally build a balanced plate. Notice how planning ahead makes healthy choices more convenient.

Educational Disclaimer: This guide provides general nutrition education within the scope of practice of a certified personal trainer. It is not individualized nutrition counseling, medical nutrition therapy, or a personalized meal plan. Consult your physician or a registered dietitian for individualized dietary advice.