



Welcome!

# Fueling Well-Being: Optimizing Your Life through Performance Nutrition

March 12, 2024

*"We've built a company that we're proud of – from who we are to what we do and how we do it. Respecting the trust clients place in NFP is always top of mind."  
– Eric Boester, EVP and Chief Marketing Officer*







# **FUELING WELL-BEING: OPTIMIZING YOUR LIFE THROUGH PERFORMANCE NUTRITION**

Brought to you by Executive Performance Chef  
with Flik for the New York Jets  
Jessica Giglia





## **TO FUEL OUR BODIES**

Maintain our health and to keep illness away  
To be able to live long lives and grow old with our loved ones

## **TO GIVE US ENERGY TO DO THE THINGS WE WANT TO DO**

From getting out of bed in the morning, to moving your body with your favorite activity to hugging your loved ones; it all requires energy



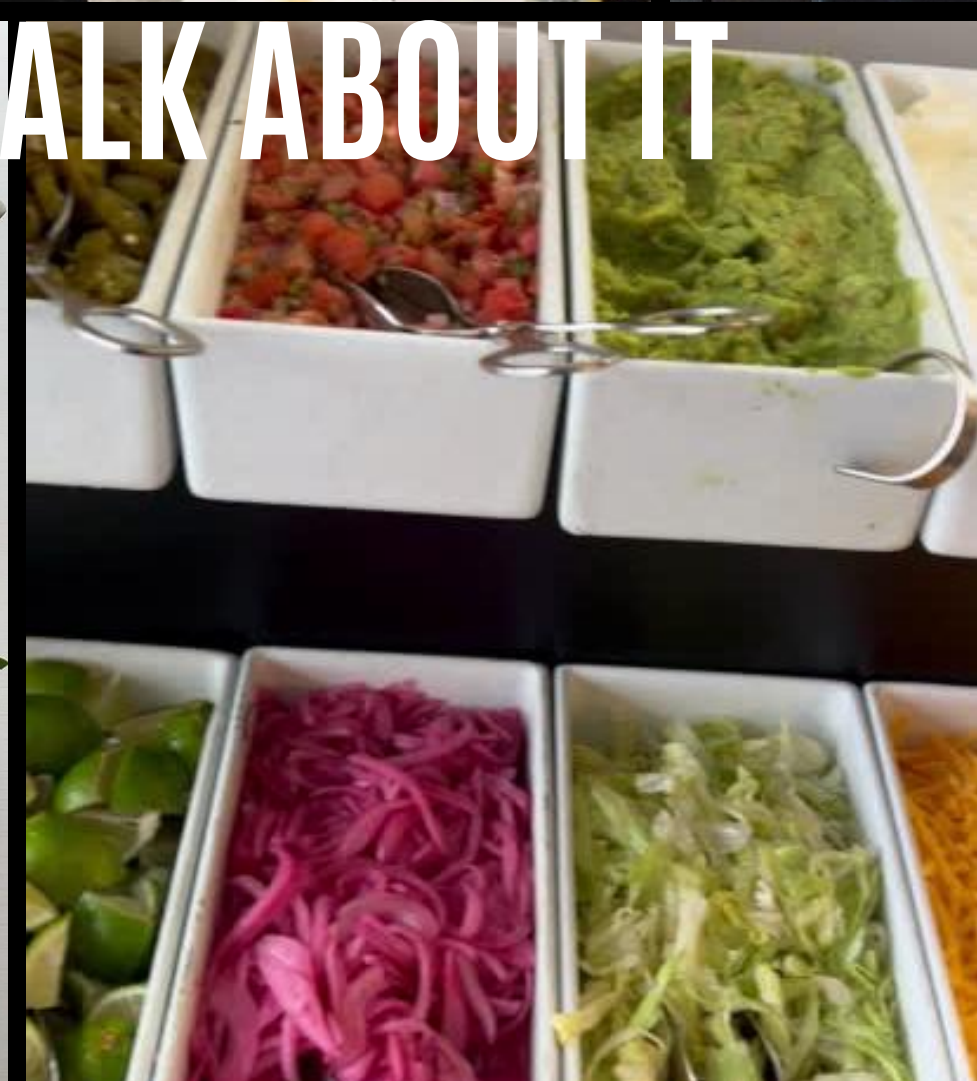
## **FOR PLEASURE OR CELEBRATION**

Taking a bite of your favorite food lights up our pleasure centers in the same way as a post workout endorphin rush or a great kiss.  
Also, birthdays, holidays, promotions all the sweet things in life that deserve celebration





**WORKING IN SPORTS**



**LET'S TALK ABOUT IT**

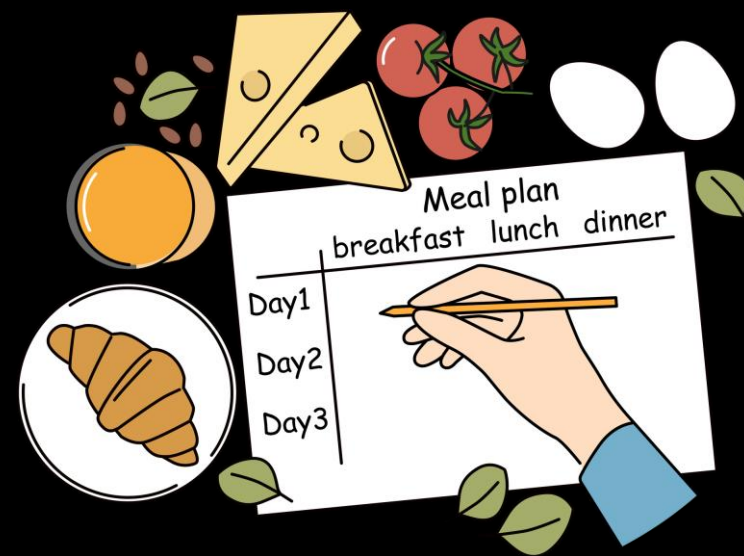




# TIME TO ABSORB ALL THAT



Understanding the basics, will save you time, money and support your health goals.



Be prepared, plan ahead to think about challenges that may hinder your fueling efforts.



Snacks are important! Prioritize protein, color & fun!



Increasing nutrient density is one of the biggest tricks to keep in your toolbox.



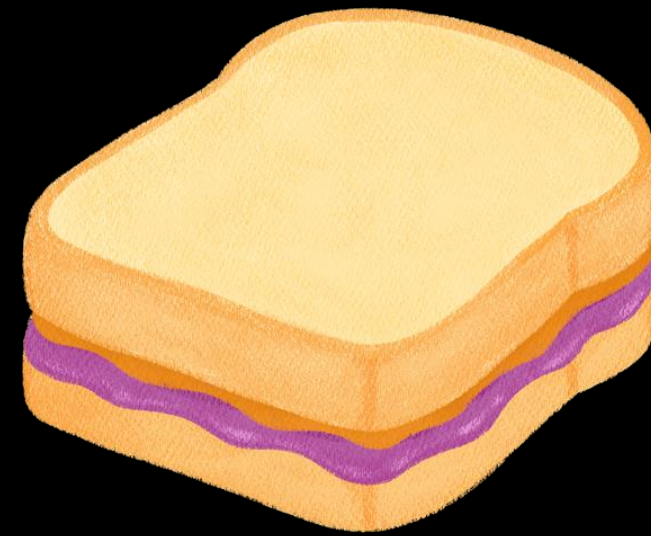




# OKAY, THAT WAS A LOT LET'S DIGEST



Sports, like life, never stop and encompass so much more than we expect, make a plan, but be adaptable.



Some meals will be Spectacular, but most meals will be your familiar favorites and that balance makes sense.



Timing matters, for athletes and for you. Balancing fuel around movement in the right way, matters.



A good plate is an act of love. The love of the farmers to grow the food, the chef to thoughtfully prepare the food, with the intention of sustaining life, creating an experience, and in our case, fueling sport / movement.





1) Peanut Butter & Jelly Overnight Oats



2) Chargrilled Teriyaki Salmon Kebabs



3) Buttermilk Pancake Stack



4) Shrimp & Broccoli Alfredo Pasta



5) Banana Split, Greek Yogurt & Berries

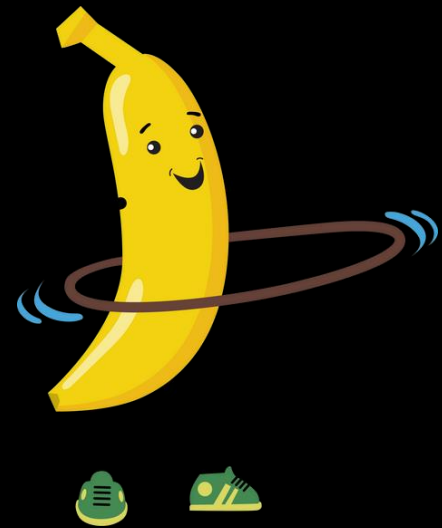


6) Buffalo Chicken Caesar Wraps

# Fueling Pre/Post Activity

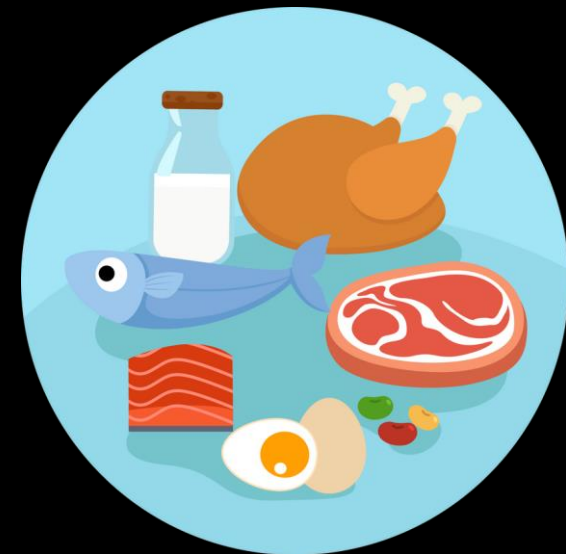


# NUGGETS TO REMEMBER



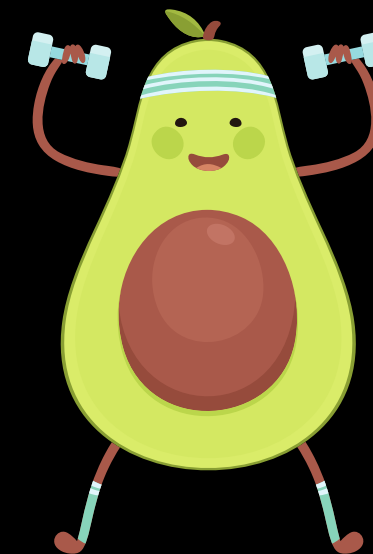
## Pre Activity Fuel =

Higher Carbs, Lower Fat,  
Non Spicy  
If adding protein, make it  
easily digestible like greek  
yogurt or protein powder.



## Post Activity =

Higher quality protein +  
carbohydrates to match  
intensity and duration of  
workout + color.



## Pre & Post Activity Fuel =

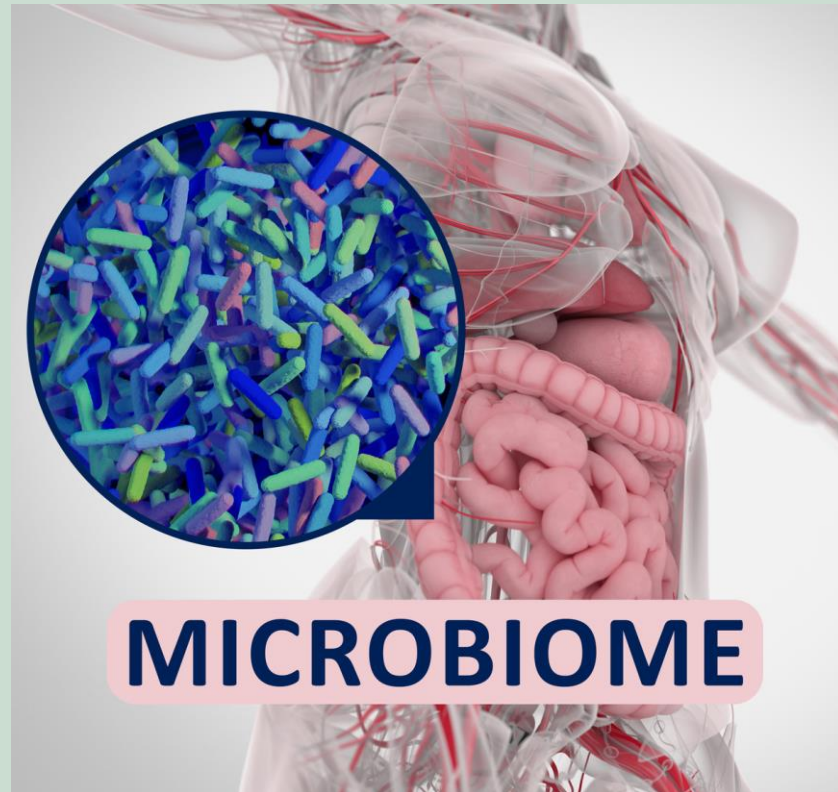
Balance pre & post activity  
principles and plan  
convenience to help meet  
your goals and lifestyle.



The most important thing  
to keep in mind when  
thinking about fueling  
strategies is tailoring your  
plan to you! A plan that  
you can be consistent with  
is the best plan.



# Gut/Brain Axis





## Tips

- Know your staples / par list
- Have a menu....or at least a rough draft
- Focus on seasonality & local
- When in doubt have a lazy girl (or boy) dinner on deck.



## GROCERY SHOPPING

- Making a list and checking it twice
- Saves time
- Saves money
- Keeps you on track with your goals both monetary and health related





# SEASONALITY





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Find What's in Season Near You.

North Carolina × Late March × Any Produce

### Produce Available in North Carolina in Late March

 <p><b>Arugula</b></p> <p>The most tender greens, arugula is perishable and needs to be used within a few days of purchase. Look for crisp leaves without wilting or yellowing.</p> <p><a href="#">Seasonality</a></p>	 <p><b>Asparagus</b></p> <p>Asparagus comes in green, white, purple and wild varieties. Look for the thinnest stalks possible; these are the most tender. Steer clear of limp and wilted asparagus.</p> <p><a href="#">Seasonality</a></p>	 <p><b>Chard</b></p> <p>Also known as Swiss chard or rainbow chard, you can eat both the leaves and stems. You want crisp, perky and glossy leaves, with firm and healthy stems.</p> <p><a href="#">Seasonality</a></p>	 <p><b>Chives</b></p> <p>For both Chinese and European chives, you're looking for perky green blades without signs of yellowing, moisture or mildew.</p> <p><a href="#">Seasonality</a></p>
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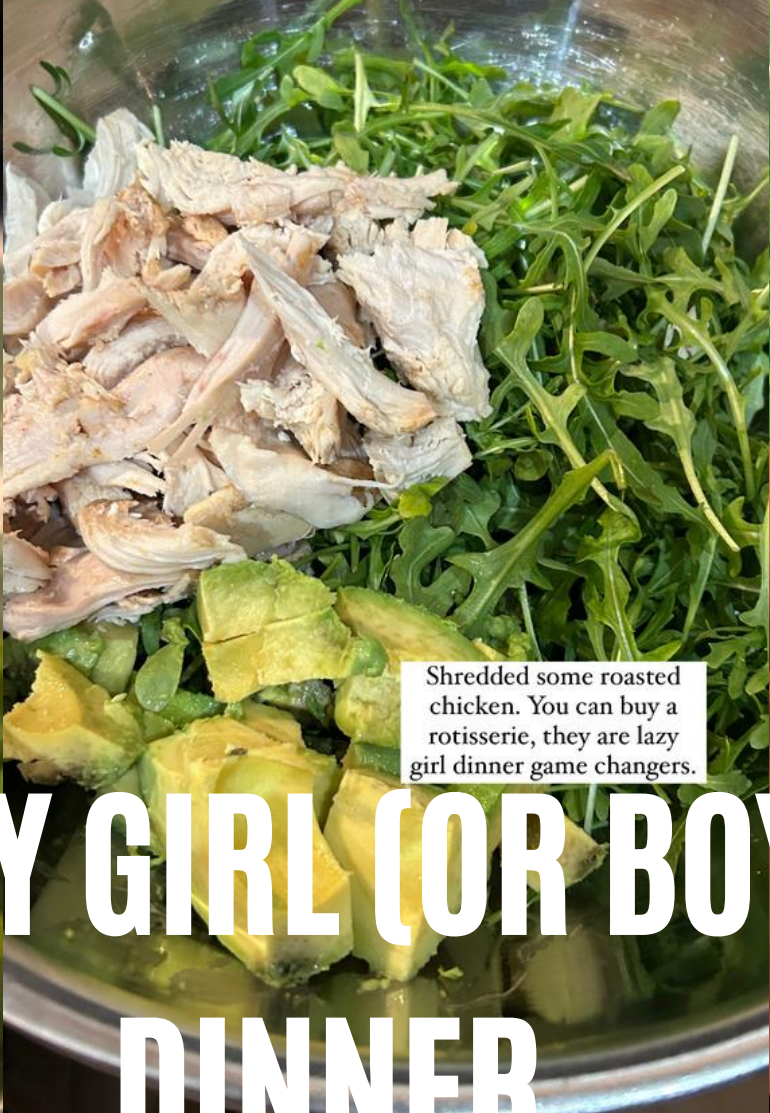




Tap in as I show you how to make this lazy girl dinner that packed in the flavor



This is a miracle avocado. I got it 2 weeks ago and it was perfect. We'll call it avocado karma for all the ones that should have been this beautiful after 2 day.



Shredded some roasted chicken. You can buy a rotisserie, they are lazy girl dinner game changers.



Add these



Until they look like - this, or however you like. Or don't, it's your salad.

# LAZY GIRL (OR BOY) DINNER



This baby is also something I've been ignoring. God bless local produce which will keep longer, because it spent less time traveling to your



Hit it with some fresh 🍋



And this 🍆



10/10 #lazygirldinner





**INCREASING NUTRIENT DENSITY**



REPEAT AFTER ME



We  
don't  
sacrifice  
flavor  
here



# I FEEL LIKE MY MY FELLOW NOTE TAKERS MIGHT WANT A PAUSE

## STRATEGIES TO CARRY WITH YOU



Seasonality  
Food at it's peak.  
Allows you to enjoy the  
seasons through your  
plate.  
Saves us money!



Lazy Boy / Girl Dinner  
Fast Fuel, but make it  
work for us.  
Get creative - make it a  
game with your family to  
utilize often overlooked  
ingredients to make  
some unexpected  
favorites.  
Saves time & money.



Increasing Nutrient  
Density is the secret  
sauce.  
Making our favorite meals  
more thoughtfully means  
never missing out on our  
favorites again.  
Failure in this process is  
natural.



We don't sacrifice flavor  
here.  
Layer flavors like lasagna,  
use fresh herbs, fruits,  
vegetables, nuts or seeds,  
be creative with basic  
dishes to reimagine new  
favorites.





Packing food for plane travel is a well kept secret, but one we should all consider for travel moving forward.

Similar to spending a day with children around their activities, these same strategies can be utilized to set your family up for success.





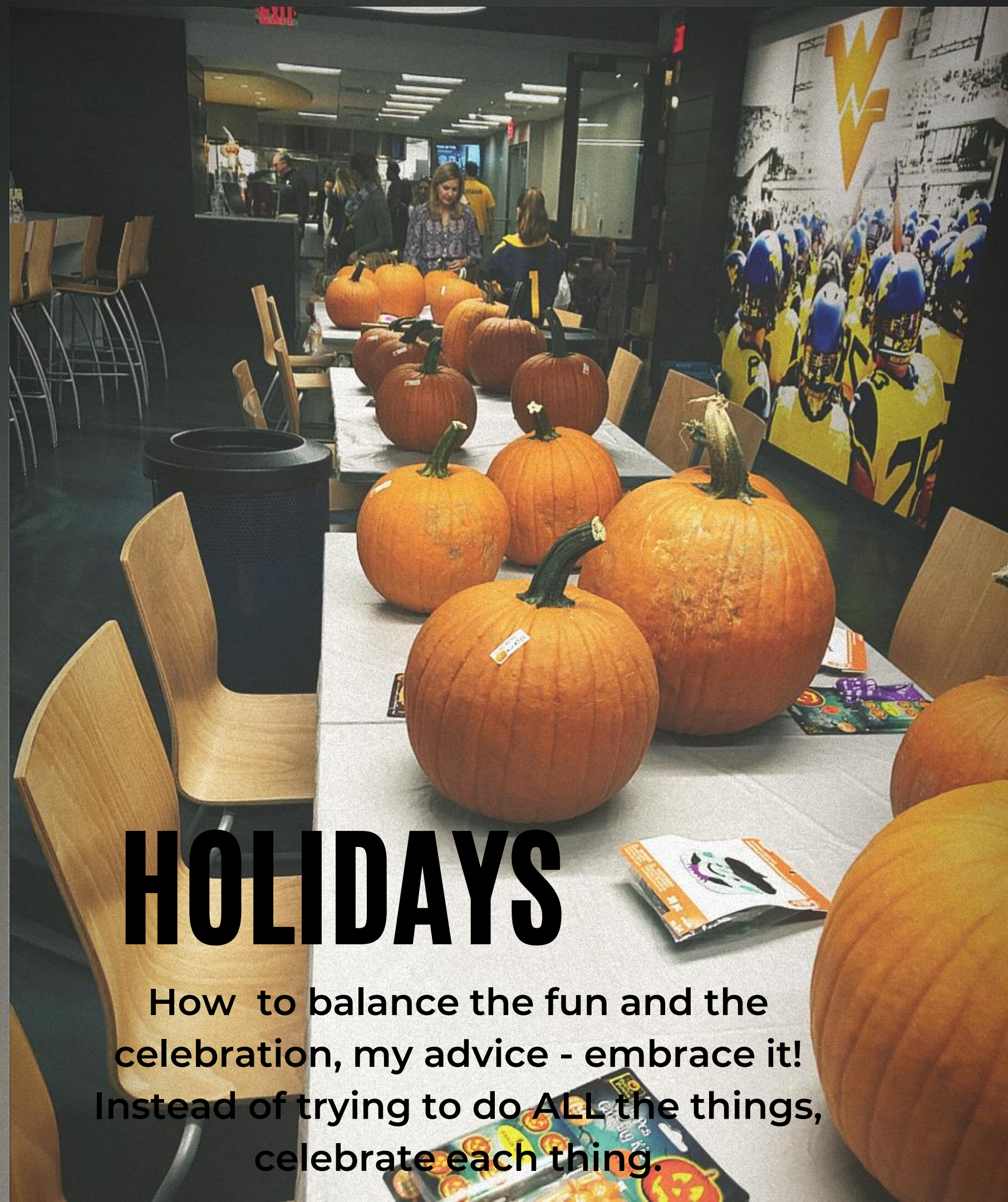




**FOOD  
COMMUNITY  
CELEBRATION**







# HOLIDAYS

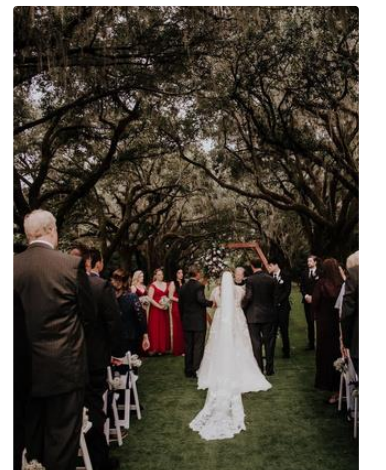
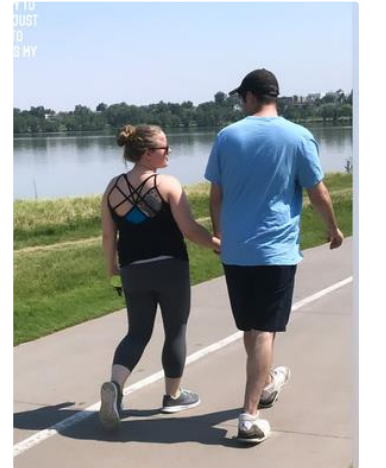
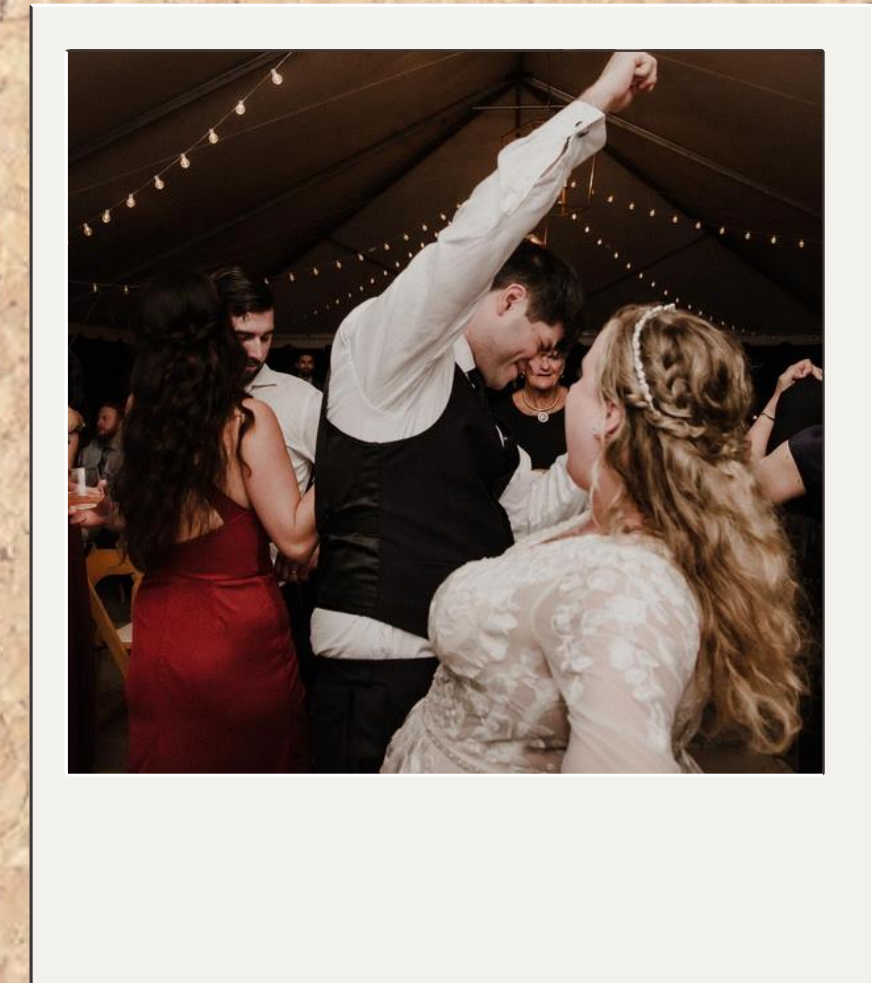
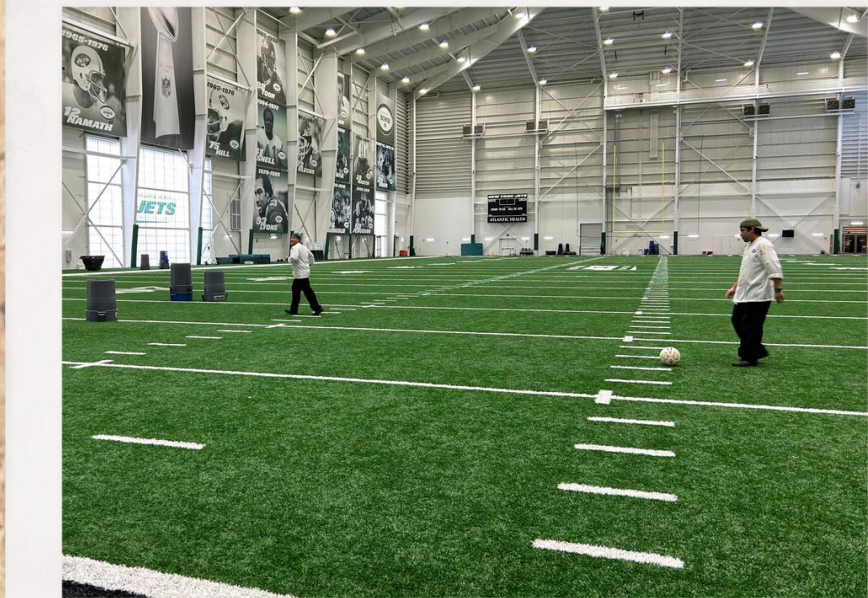
How to balance the fun and the celebration, my advice - embrace it! Instead of trying to do ALL the things, celebrate each thing.





# HEALTH IS WEALTH

## MOVEMENT THAT JUST MAKES SENSE





# WRAPPING THINGS UP



Celebration and community are strong themes that make food more fun and are worth taking the time to enjoy. Shared culture, meals, conversations are so important.



**Travel**  
So much of our world view can be understood by the communities we are exposed to, broaden your view on other cultures and celebrate your environment while enjoying the local cuisine. Bring it home with you & share it with your loved ones.



**Holidays**  
Find simple swaps and enjoy the activities and conversations around the meals. Remember your routine and allow yourself grace through the seasons.



**Health is Wealth**  
The coolest thing you can do for you, your family, your coworkers is to be healthy. Embrace and model healthy behaviors and lifestyles **AT EVERY AGE**. You deserve to be enjoying this life with your loved ones as long as possible.



# **FINAL FIVE**

**FOOD IS AN ACT OF LOVE**

**WHEN IN DOUBT, ADD COLOR**

**INCREASING NUTRIENT DENSITY IS THE SECRET**

**SAUCE**

**FAIL TO PLAN, PLAN TO FAIL**

**REPEAT AFTER ME, WE DON'T SACRIFICE FLAVOR**

**HERE**