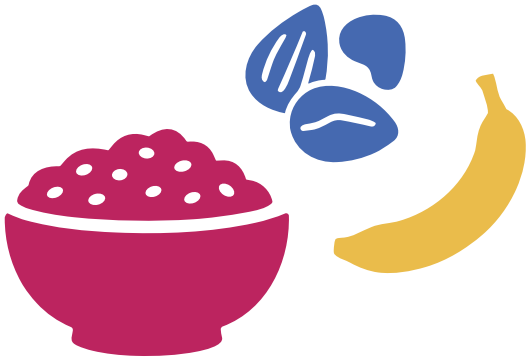
AMERICAN COLLEGE OF Lifestyle Medicine



Mindful Mornings: Start Your Day with Ease

The first hour of the day can be stressful. By setting things up the night before, you don't have to make hard choices while you're still sleepy or low on time. Try these simple tricks to have a healthy start without the rush.



1 Easy Breakfast Basics

To make your morning smoother, you want to make it as easy as possible to grab a healthy meal.

- **One-Box Trick:** Group your breakfast items together. For example, put your oatmeal, cinnamon, and walnuts into one clear bin in the pantry. Instead of opening five different jars, you just pull out one box and you're ready to go.
- **Prep While You Sleep:** Some meals are better if they sit overnight. Overnight oats or chia pudding are great because they are ready the second you wake up.
- **Pro Tip:** Use clear glass jars. Seeing the bright colors of the fruit makes the food look much more delicious than if it's hidden in a dark container!

Quick Overnight Oats



INGREDIENTS

- ½ Cup Old-Fashioned or Rolled Oats
  (Steel Cut or Instant Oats not recommended)
- ¾ Cup Plant-Based Milk or Water
- Berries and Healthy Toppings of Choice!

INSTRUCTIONS

1. In a medium sized bowl, mix ingredients well.
2. Place mixture into smaller single service containers and cover.
3. Let sit overnight in the fridge, or at least 8 hours.

Tips: Dress it up with fresh berries, Greek yogurt, and spices like cinnamon. If using frozen berries, add them on top the night before so they will be ready by morning. Want extra fiber? Add 1/8 cup of chia seeds for an extra boost.

2 Emergency Snack Bag

When you're running late for school or work, you usually grab the first thing you see. You can hack your bag or car by keeping healthy snacks ready to go.

- **Keep a small pouch of snacks** that won't spoil in your backpack or desk. Good ideas include nut mix, dried fruit, or roasted chickpeas.
- **Use lunch containers with built-in dividers.** The different sections act like a mental checklist: one spot for protein, one for a grain, and the biggest spot for veggies and fruit. It makes packing a balanced lunch feel like a game.
- **Keep a bowl of washed fruit** (like apples or easy-to-peel oranges) right next to your keys or bag. It's a final reminder to grab something healthy as you head out the door.

DO 1-2 OF THESE NOW

- ☐ Find a small box or tray and put your favorite breakfast items in it.
- ☐ Toss a bag of nuts or a piece of fruit into your bag for an emergency.
- ☐ Move your lunch containers to the front so they're the first ones you see in the cabinet.
- ☐ Put a bowl of fruit right by the front door or where you keep your bag.

nudge to nourish

Developed through a collaborative effort by the American College of Lifestyle Medicine (ACLM) and Nudge to Nourish, in partnership with Greener by Default.