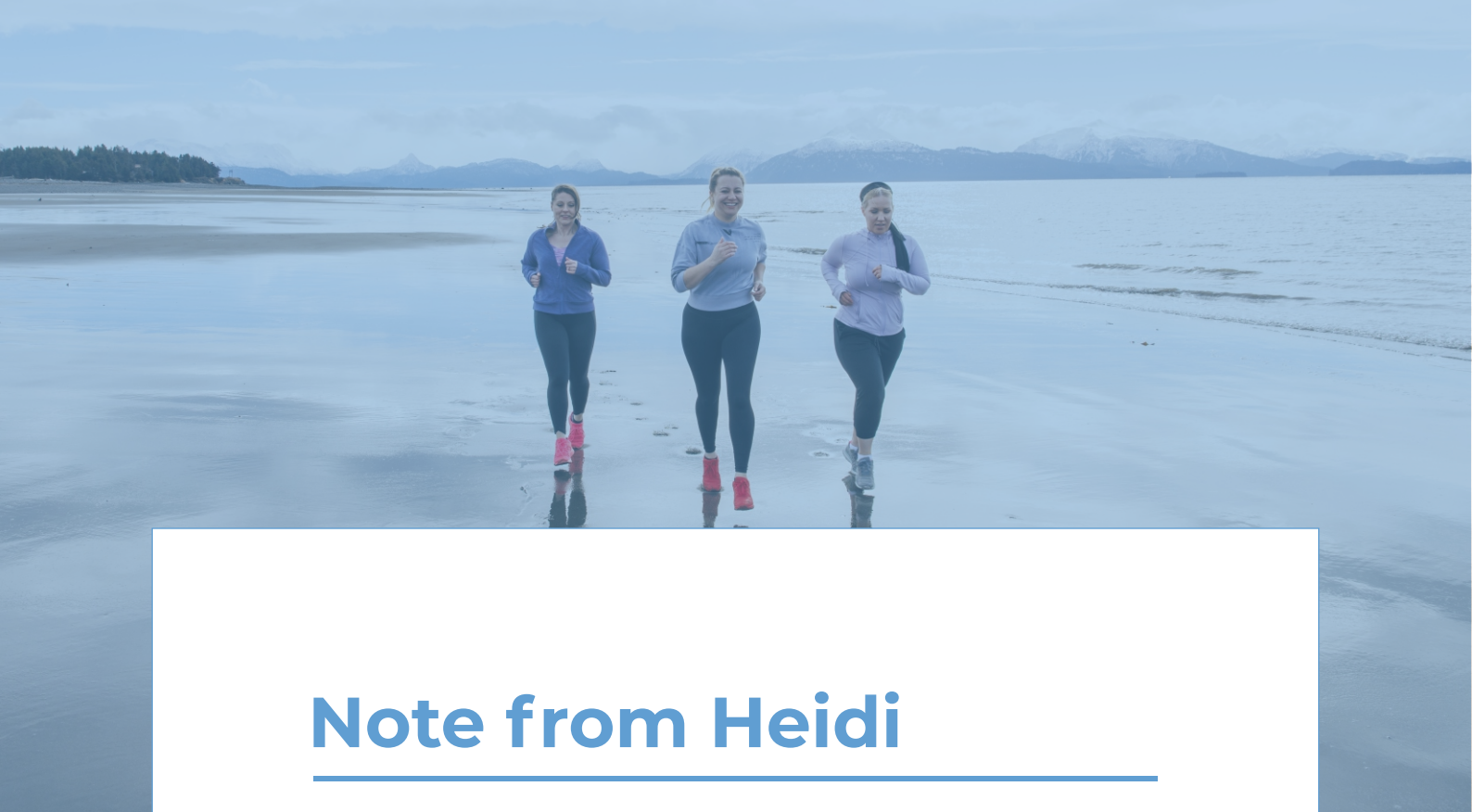




NUTRITION TIPS FOR BUSY ALASKANS

*Small wins that stack up wherever
your lifestyle takes you.*





Note from Heidi

Hey there,

I know how hard it is to eat well when life moves fast—especially in Alaska. I created this guide to give you practical tips you can actually use, no matter how busy your day gets. These aren't trends—they're sustainable strategies that build real momentum over time.

Take what works, skip what doesn't, and reach out if you want support applying this to your lifestyle.



Heidi

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Nutrition Tips for Busy Alaskans

Level 1: Easy, No-Excuse Fixes

- Drink water before coffee – Hydration first thing in the morning (aim for 16 ounces)
- Eat protein at every meal – Supports satiety, muscle, and blood sugar balance.
- Swap one processed snack for a whole food – Fruit, nuts, Greek yogurt, or hard-boiled eggs (need more ideas? Let's chat!)
- Use a bigger water bottle – Helps you stay on top of hydration with fewer refills.
- Batch-wash and cut veggies – Saves time and encourages healthier choices.

Level 2: Small Habit Upgrades

- Plan your meals for the week – Even a rough outline helps you stay consistent.
- Keep easy-to-grab protein on hand – Hard-boiled eggs, protein shakes, cottage cheese.
- Eat protein and veggies first at meals – Helps curb overeating and improve digestion.
- Prep overnight oats or chia pudding – Quick and healthy breakfasts ready to go.
- Set a “snack alarm” – Reminds you to eat proactively, not reactively.

Level 3: Smart Nutrition Hacks

- Batch cook 2-3 staple proteins – Prepped options make weeknight meals a breeze.
- Upgrade your coffee – Use protein powder or collagen instead of sugar-laden creamers.
- Follow the “balanced plate” rule – Half veggies, one-quarter protein, one-quarter carbs.
- Use your freezer for emergency meals – Stock frozen veggies, pre-cooked proteins.
- Carry healthy snacks everywhere – Avoid vending machines and impulse grabs.





Level 4: More Involved, But Worth It

- Meal prep 3 or more days at a time – Saves time and decision fatigue.
- Track protein and fiber intake – Aim for around 30g protein per meal and 25–30g fiber per day.
- Cut back on liquid calories – Swap sugary drinks for herbal tea, lemon water, or black coffee.
- Try an anti-inflammatory diet for a week – Eliminate processed foods, gluten, dairy, and sugar.
- Eat mindfully – No screens, chew slowly, and tune into your body's hunger signals.

Level 5: Next-Level Nutrition Mastery

- Follow the 80/20 rule – 80% nutrient-dense food, 20% flexibility for real life.
- Experiment with time-restricted eating – Try 12–14 hour overnight fasts if it suits your lifestyle.
- Cycle your carbs based on activity – Higher on training days, lower on recovery days.
- Eliminate ultra-processed foods for 30 days – Full reset for energy, gut health, and mental clarity.
- Optimize gut health – Add fermented foods, prebiotics, and probiotics consistently.



Ready to Turn These Hacks Into a Real Lifestyle?

These tips are just the beginning. If you're tired of starting over—or trying to force someone else's plan into your busy life—I'd love to help you create something that actually works for you.

No trends. No guilt. Just real support from someone who's walked the journey and knows how to meet you where you're at.

Book Your Free Discovery Call Today!



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