

# Nourish in No Time

## 3 Kitchen Tips That Make Healthy Living Easier for Busy Moms

Inside this guide, you'll learn how to eat better, feel better and stress less about wellness.

From Wellness Chef & Nutritionist  
**Mandy Rosse**





# Hello and Welcome!



Hi Fellow Mom,

If you're anything like most of the moms I work with, you probably want to eat better, feel better, have more energy, and maybe just stress a little less... but you're also juggling a lot. Some days it feels like you're running a household, a career, a carpool, a kitchen, and a small emotional support department — all at the same time. So when someone tells you to “just meal prep” or “eat clean,” it's almost laughable. (Like... with what time?)

I get it. Truly.

I'm Mandy, I'm a wellness chef and nutritionist, but I'm also a mom who knows exactly how hard it is to navigate your own wellbeing in the midst of motherhood.

That's why I created this guide. This is about small, realistic shifts that actually work in a busy mom's life — the kind of tips that help you eat better without overthinking, feel more energized throughout the day, support your hormones in simple, doable ways, and walk into your kitchen feeling a little calmer instead of overwhelmed.

So, take a breath. You don't need perfection. You just need a few tools and someone who truly gets what your days look like.

Let's make nourishing yourself feel easier — and a whole lot more doable. You deserve that.



Be Well  
Mandy.





## WHAT'S INSIDE

- Let's focus on what we CAN eat and add in.
- Making your own food and meal prep without spending hours in the kitchen
- Building a healthy plate without counting grams, calories or carbs!
- My Go-To Staples to elevate your plate and boost nutrients without spending hours in the kitchen.
- Keep the Momentum Going.
- Learn how to have your pasta and enjoy it!
- Let's Stay Connected

# 1. ADD IN

LET'S FOCUS ON WHAT WE **CAN** EAT!

So often, wellness is all about what you “shouldn’t” eat. Food and wellness have become so complicated, and honestly, it doesn’t need to be that way.

Let’s flip the script.

Instead of thinking about what to cut out, start focusing on what you can add in — more fiber, more color, more plants, more protein... more foods that actually leave you feeling energized instead of depleted.

When you focus on adding nourishing foods (rather than restricting), you naturally crowd out the stuff that doesn’t make you feel your best — without feeling deprived or overwhelmed.

My favorite thing to add? **Fiber**. Fiber helps balance your energy, supports hormone health, and keeps your gut happy — which all work together to help you feel more like yourself, even on crazy busy days.

Diversity is the key, check out my plant challenge in recipe club that makes adding new ingredients weekly easy and fun.

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## Try this today

Start small - Pick one ingredient to add to each meal -

- At breakfast add a handful of nuts or seeds like pumpkin or sunflower to your breakfast or piece of fruit
- At lunch - add a different leafy green- arugula, watercress or romaine - I love to add a handful of arugula to a pasta dish or spinach in my bowl before I pour in my warm soup.
- At dinner - add lentils instead of rice or add cauliflower to your mashed potatoes





## 2. Cooking and Meal Prep at Home DOES NOT HAVE TO TAKE HOURS

Now that we're thinking about adding in nourishing foods, let's talk about actually cooking and preparing them.

I'm all about meal prep and I love my freezer — it's an absolute lifesaver. But here's the thing: not every meal needs to take hours to prepare. Some days, you have time for what I call "Nourish from Scratch," and some days, you just need to feed yourself and your family and Nourish in No Time.

Some of the world's most nutritious foods need no cooking or prep at all, so you can find a balance between quick meals and more hands-on cooking. Cooking from scratch can take 5 minutes, 10 minutes, or longer — whatever works for the time you have.

Slow down, and remember why you're doing this. Making your own food, even the simplest version, is one of the best things you can do for your health. So be proud of whatever you are putting together and do your best - one meal at a time. You're in control of the ingredients and how you prepare them — and that control is empowering.

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### Try this today

Start small - Take 5 -10 mins and see what you can do **ahead** for each meal - this keeps you committed and on track to cook and prepare.

- The night before write down what you plan to have for breakfast, lunch and dinner. That alone is a start.
- Start with breakfast - take 5 mins the night before to set yourself up for success - soak your oats with chia and soy milk or hard boil your eggs so all you have to do is finish and top.
- Stay a day ahead - Take 5 mins when your preparing dinner tonight- do one small task for tomorrows dinner- marinate the meat, cook the rice or prep your vegetables





### 3. Balancing your plate the easy way

Let's talk about building meals that keep you energized. Forget over analyzing, counting grams or calories - use this simple principle.

PFF is your BFF — Protein, Fiber, and Fat.

Ask yourself at every meal:

- Do I have a protein? salmon, chicken, lentils, chickpeas, tofu ..etc
- Do I have a fiber? vegetables, legumes, potatoes, oats, seeds..etc
- Do I have a healthy fat? olives, avocado, greek yogurt ... etc

When your plate has all three, you naturally balance your blood sugar — which is not just for diabetics! Everyone benefits from steady blood sugar. It helps you feel more energized, keeps cravings in check, and even supports your hormones.

When your meal is balanced - you will make it to the next meal without needing snacks or crash in the afternoon.

### Try this today

There are lots of additional ways to help balance your blood sugar at meal times that go beyond whats on your plate

- While you are cooking or 30 mins before you eat have a teasp of apple cider vinegar in a small glass of water - it blunts the blood sugar rise of your meal.
- Moving after a meal also helps blunt the blood sugar response so clear the table, do the dishes, take a walk after dinner and help your body digest and manage your blood sugar.







# My top favorite ingredients to boost any meal



## 1. **Hemp seeds**

A true sprinkle-and-go superfood—no soaking or cooking required. They provide complete plant protein, omega-3s, fiber, and minerals - just 3 tablespoons has 10 grams of protein!

Add today: Sprinkle on yogurt, oatmeal, salads, soups or blend into a smoothie.

## 2. **Kefir**

A refreshing, lightly fizzy way to support gut health without dairy. It provides beneficial probiotics that support digestion, immunity, and hormone balance.

Add today: Sip it mid-afternoon or swap it for soda or alcoholic beverage

## 3. **Silken Tofu**

Smooth, mild, and incredibly versatile—perfect for adding protein without changing flavor. It provides plant protein, calcium, and gentle phytoestrogens for hormone support.

Add today: Blend into smoothies, soups, or creamy dressings.





# My top favorite ingredients to boost any meal



## 4. **Homemade Broth**

Liquid nourishment that's easy to digest and deeply supportive. It provides minerals, collagen, and gut-soothing compounds—especially helpful during busy or low-energy days. Make a pot every Monday. Add today: Sip warm between meals or use as a base for soups and grains.

## 5. **Lentils**

One of the easiest, budget-friendly ways to boost fiber and plant protein fast. They support gut health, blood sugar balance, and long-lasting energy and have a 2<sup>nd</sup> meal effect!

Add today: Cook one batch - use multiple ways - salads, soups, or pasta

## 6. **Broccoli Sprouts**

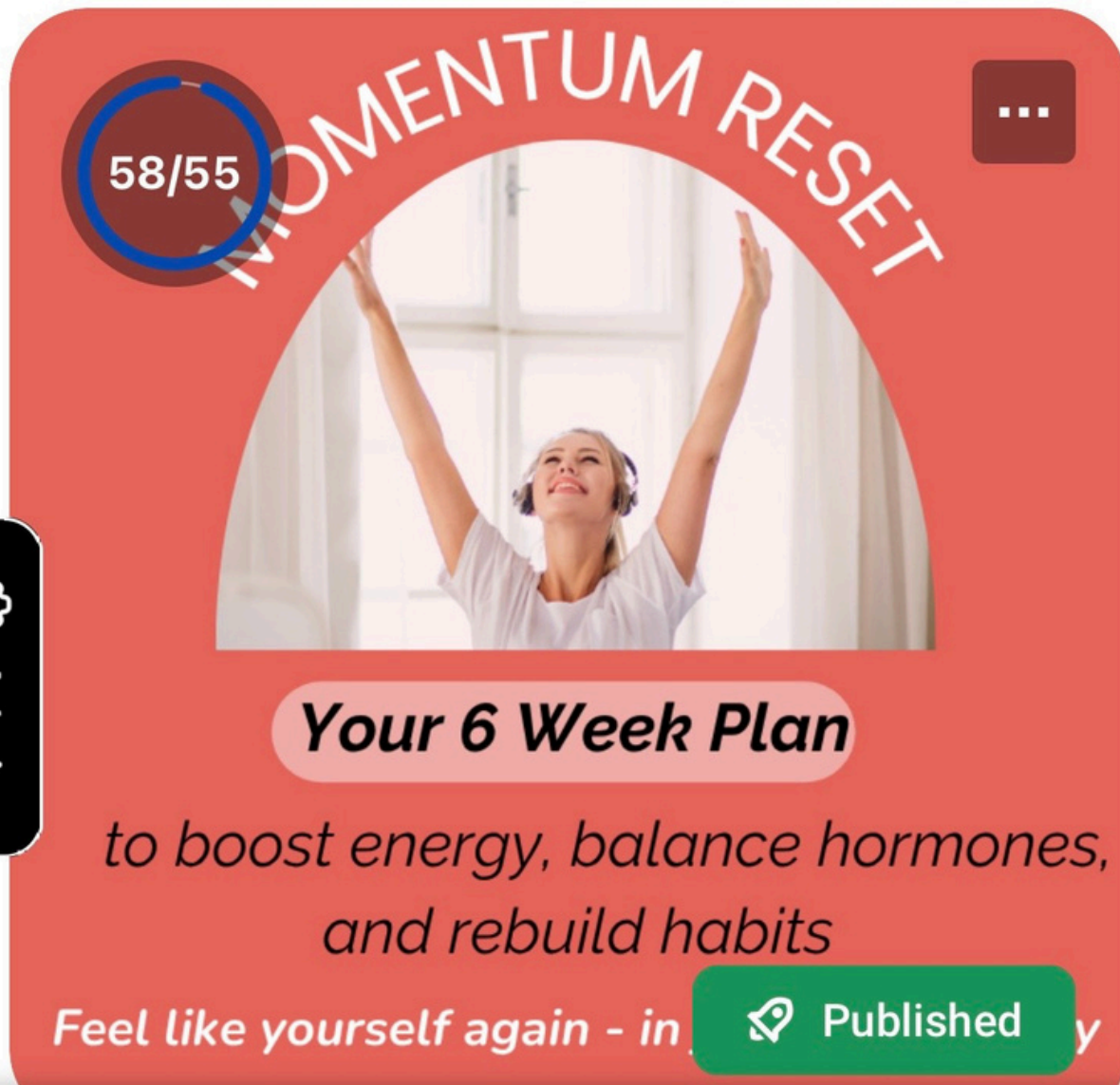
Tiny but mighty—these deliver a concentrated dose of sulforaphane for detox, hormone support, and inflammation balance. No cooking needed. Learn in my recipe club how to make your own in 5 mins a day! Add today: Top salads, grain bowls, avocado toast, or add to a smoothie





## Recipe Club – Where Kitchen Confidence Meets Wellness

More than recipes—it's your path to kitchen-powered wellness



# Keep the MOMENTUM going

You've started building healthier habits by focusing on what you can add in — now imagine having a simple plan that keeps it going, even on busy days.

MOMentum Mode is your 6-week wellness reset designed for real life (and real schedules). In just 5 minutes a day, you'll learn how to:

- Boost energy without overhauling your entire routine
- Balance hormones through simple food, lifestyle, and mindset shifts
- Build healthy plates and nourishing meals—without counting calories or cutting out foods you love
- Support blood sugar, gut health, and stress in a way that actually feels doable
- Reset the areas that impact your health beyond your plate—sleep, stress, mindset, movement, and daily rhythms
- Rebuild habits that stick, instead of starting over every Monday

This isn't about perfection or restriction. It's about learning tools, shortcuts, and kitchen confidence so being well feels doable—not like another thing on your to-do list to stress over.





## 👉 Your 2026 Reset: Small Steps, Real Momentum

This next year feels different. For me, 2026 is about slowing down and enjoying the journey—because being well isn't a race.

**Your pace. Your progress → Small steps. Real momentum**

**MOmentum Reset starts January 19<sup>th</sup>, 2026**

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**Get real-life kitchen nutrition tips for busy moms—without restriction or guilt.**

👉 [Join my email list for an easier,  
feel-good approach to wellness in 2026](#)

*Be Well,  
Mandy.*