

A low-angle, close-up photograph of a person walking on a city street. The person is wearing black leggings, bright red sneakers with white soles and laces, and a brown leather bag slung over their shoulder. The background is a blurred city street with yellow lane markings. The text is overlaid on the left side of the image.

HOW TO  
EAT  
HEALTHY  
ON THE  
FLY

10 tips to stay  
in shape when  
you're short on  
time

## INTRODUCTION

We know a thing or two about being busy. Between the two of us, we have 4 different jobs, one car and each work around 50-60 hours per week.

Busy for you might look different. You might have kids, or school, an exhausting job, or maybe you just happen to have a busy few weeks coming up.

The point is not to compare yourself to us or to others, but to figure out how to maintain your health even when things get busy.

I've found that when people take care of themselves (eating right, sleeping and exercising) they're happier, their bodies feel better, and they handle hardships and challenging situations with ease and grace. That's how Peter and I like to live our lives, and I assume that's what you want for yourself too.

Yes?

Perfect.

In this short guide I'm going to share with you 10 tips that are going to greatly change how you handle being busy in terms of your health.

This list will help you prioritize meals and workouts, as well as offer you some support and resources that will help you feel good about yourself - no matter how hectic things get!

Let's not waste any more time,

On to Step #1...



# The Best Project You'll Ever Work On Is YOU

## 1). PLAN AHEAD

**Every successful person on this planet plans. They might not be the best planner, but they make an effort to, and that's what we want you to do. Make an effort to be a better planner every day.**

If you're like most people on this planet, you don't know what you're having for dinner until 4:30pm that day. Obviously, this can be very problematic if you've got a lot going on.

It's pretty much impossible to be healthy and also a bad planner. So, you have to get into the habit of planning if you're not currently doing so.

Here are some things we plan out each week and suggest you do the same.

On Sunday's we plan out the week ahead. We talk about what projects need to get done, what events we have going on, what time we'll be home each night and what workouts will look like for the week. We put all of the big stuff on a shared Google calendar. Then, from there, we can see if we need to make any special arrangements for dinner (like if we're going to be out during dinner time), or if we need to bring extra snacks and have a later dinner.

We also make lunches the night before, that way we have more time in the mornings to exercise and get ready for work.

Since we eat a lot, we only plan two days out. We make sure we have enough groceries for juices, smoothies, lunches, dinners and snacks.

Those are a few pretty simple things you should be doing each week if you really want to maintain a healthy lifestyle no matter how busy you get.

## **You're Tasks:**

- **Plan out your week before it starts** (Sunday's are great for this)
  - Figure out what you have going on
  - What events, projects you'll be working on
  - Will you be home for dinners each night? Do you need to plan for something else?
  - What are you doing for workouts? When is the best time?
  - When will you go grocery shopping?
- **Put everything on a calendar.** Google calendars are a great free resource & share it with those who need to see it: husbands, boyfriends, kids, friends, etc.
- **Plan out your meals.** Find some recipes, check your pantry and figure out what you'll need to pick up in advance.

## 2). STOCK YOUR KITCHEN

I'm going to be real honest with you. I've never been one to stock-up on things. I want to say it's because I'm a minimalist and don't like all the "stuff". The truth of the matter is I used to be on the cheap side. I didn't like to spend more than I had to.

But you see that can end up costing you a lot more in the long run. I guess that's why everyone loves Costco, yeah it costs more at the time of purchasing, but in the end it saves you money. Same thing applies to your kitchen and having all of the staples on hand.

When you're super busy you might find yourself in a jam - you need lunch quick, but forgot to go grocery shopping last night - when your kitchen is stocked, you'll be okay. When it's not, you might find yourself eating something unhealthy.



Plan Ahead  
&  
Take it to-go!

## Here are some of my best tips when it comes to stocking your kitchen.

- Always buy fresh leafy greens; kale, spinach, or chard. These are perfect for a green smoothie, which can easily be turned into a quick meal on the go by adding some protein and nut butter. We have some great [Smoothie Recipes Here](#).
- Always have a bag of fresh lemons. You'll need those for morning lemon water and for making Green Juice ([5 easy juice recipes can be found here](#))
- Always have a head of lettuce in your refrigerator, Salads will always be king.
- Always stock your freezer with frozen organic berries, and some peeled bananas. Again this is great for smoothies.
- Keep a few cans of beans in your pantry. These are perfect for throwing on top of salads, making burgers or eating with some brown rice.
- Keep a package of rolled oats & gluten-free flours in the pantry. We recommend brown rice, garbanzo bean, almond flour and corn meal.
- Always have key condiments: Mustard, tahini, almond butter, peanut butter, sunflower butter, miso paste, tomato sauce and hot sauce.
- Always have a few sweeteners in case you want to whip up some muffins, a quick treat or some granola. We recommend maple syrup, dates and coconut sugar. Honey is a good option for some as well.

Making sure you have those things will help you out a lot when short on time and you need to whip up something quick. If you find yourself stuck, you can always ask for suggestions in our Facebook Group: [Friends of The Seasonal Diet](#).

### 3). A SALAD OR SMOOTHIE EVERYDAY

This is one we say all the time because it's so easy to understand and do. Simply put, it's fitting in a green smoothie or a salad every day. And extra points if you do both of these each day.

When you're always on the go and snacking, it's really hard to fit greens into your diet. Take a second and think about it, and the snacks you reach for.

They most likely contain grains, sugars, nuts or processed ingredients.

Green vegetables are the most nutrient dense and lowest in calories. They also contain fiber, which is important for keeping everything moving, if you know what I mean.

*Here are some tools to help you accomplish this:*

- [Green Smoothie Recipes](#)
- [8 New Salads & Dressings](#) (1/2 way down the page)
- [Recommended blender and travel cups](#)

Once you start doing this you'll never go back, this is one thing that has the biggest impact on the health of our customers.



**A Salad a-day  
Keeps The Doctor  
Away**

## 4). TURN YOUR LIVING ROOM INTO A GYM

Well, not necessarily! What I'm trying to say here is to workout at your house when you're short on time. I know a lot of our members already partake in at home workouts, but if you're still using a gym (outside of your home) to workout, that's fine, but just realize that it does eat up a good amount of your time traveling back and forth.

You have to pack up what you need, drive there, find parking, workout, drive home to shower, and then head off to your next thing.

But when you work out at home, you save a lot of time. You can just wake up and workout, or come home and work out.

When I realized how much more convenient it was to work out, I implemented it and now I work out almost every day - a lot more than when I was paying for a gym membership, that's for sure.

*Below are some workouts and tips to help you get your sweat on... in your Living Room!*

- Check out our [Pinterest account](#) for some quick at-home workouts
- Also check out the groups inside our [SD Community](#), feel free to get started on one or all of the 30-Day exercise challenges.
- Get yourself a good Yoga Mat - [Peter's](#) & [Sarah's](#) (these are the two we use)
- Get yourself some Hand Weights (you don't need big machines, just some weights to do curls & presses with)
- We really like [Udaya](#) for online yoga (you have to pay but it's very affordable)
- Get outside, walk or go for a run! Check out this [podcast episode](#) if you're on the fence about running.

## 5). SLEEP OVER WORKOUTS

If you're anything like me, you want to do it all.

Check everything off the To Do List, workout, eat right, sleep well, clean your house, spend time with friends and family.

**But the truth is I can't do it all... well not every day.**

When I'm busy - and not getting my 8 hours - I pick sleep over workouts every time. And we suggest you do the same.

When you're really busy, your body is most likely under a lot of stress. Exercise is another form of stress, and if you pair that with not enough sleep, then that's when you face trouble.

You might get sick (or, really sick). You might even start gaining weight, but most of the time you won't be losing weight.

When under stress, the best thing you can do for your body is to relax and rest.

**Key Take-Away:**

*When busy, and lacking sleep (less than 7 hours a night), don't get up early to workout, or stay up late to either. Sleep is more important.*

## 6). REMEMBER A LITTLE GOES A LONG WAY

Speaking of skipping workouts, I wanted to throw in a tip that I use all the time when I'm busy:

**A little bit of exercise is better than nothing.**

I used to think that if I overslept and couldn't get my entire 6 mile run in, then I'll just keep sleeping as long as possible, and make up my run tomorrow. Which just seems so silly to me now! With my new mindset, if I wake up 30 minutes later than I wanted, I will do a 3 mile run rather than doing nothing.

*Just because you don't have 1 hour to workout doesn't mean you should do nothing.*

**Below are some of my favorite 10 minute or less workout ideas.**

- A run around the block (*mine is about 1 mile*)
- 20 squats, 10 pushups, 5 dips
- Jumping jacks for 2 ½ minutes (*this is harder than it sounds*)
- 3 different ab exercises, 20 reps each



**A LITTLE  
GOES A LONG  
WAY**

## 7). BE CAUTIOUS OF STIMULANTS

When tired, it's so easy to reach for the coffee, energy drinks or processed sugars (I'm even talking about the ones you get at the health food store). But when you do that, you're giving your body fake energy. And that is problematic.

You want your body to work for you and with you. And when it's tired, that's a sign you need to take it easy and give it a little rest before it shuts down completely.

When you drink caffeine because you're tired, it's like ignoring the check engine light, and it usually doesn't turn out so well. Coffee and sugar are both very addicting, leaving you craving more and not really satisfied with one only cup, or just one piece of chocolate.

Therefore, I want to share some better options with you. Some of them do contain caffeine, but it's not as much. The caffeine doesn't stay in your system as long; they're also not as addicting or acidic as coffee and sugar.

### **Better options for an energy boost:**

- Green tea (hot or iced) contains some caffeine, not as much as coffee and leaves your system faster, allowing you to get a good nights rest.
- Yerba Maté contains the same amount of caffeine as coffee, but not as addicting or as acidic as a cup of Joe.
- A walk outdoors. Studies repeatedly show that a simple 5-minute walk outside has the same boost in energy as a cup of coffee.
- A cat nap, close the door to your office and set a timer. But only 15- 20 minutes, or you'll be even more tired.

## 8). DON'T BE A DIVA

Sorry gentlemen, this one is more so for the ladies.

When you're short on time, you have to make sacrifices and figure out what's most important to you. Since you're reading this guide, I'm going to assume that your health and fitness is very important to you. Mine is as well.

When I'm busy and have to start cutting things out of my schedule, the first thing to go is doing my hair, not my workouts or clean eating. I'll shower, but I'll leave my hair wet if it means I can get a short 10-15 minute workout in, or if it means I'll have time to make a smoothie.

I'm sure you could skip doing your hair or makeup, maybe even doing laundry for a few days and wearing something that's not your favorite. Or maybe cut out a shopping trip for a new dress, and just wear an old one, that way you have time to make something healthy for dinner rather than grabbing take-out.

It's little sacrifices like that which add up to big wins when it comes to your health.

## 9). STAYING STRONG

When I was planning out this guide, this tip was going to be all about tough love, but as I started writing this, it turned more into a habit-forming tip, so now I'm going to blend the two...

Hopefully I don't lose you 😊

**When you find yourself super busy, it's easy to let healthy habits fall by the wayside.**

Things like exercise, making your meals, or getting up earlier and meditating before you start your day. But it's important to stay strong during these times and continue to be consistent with your healthy habits because these are the things that are going to help you get through the hectic times with grace and ease. People who are too "busy" to meditate usually need it most 😊

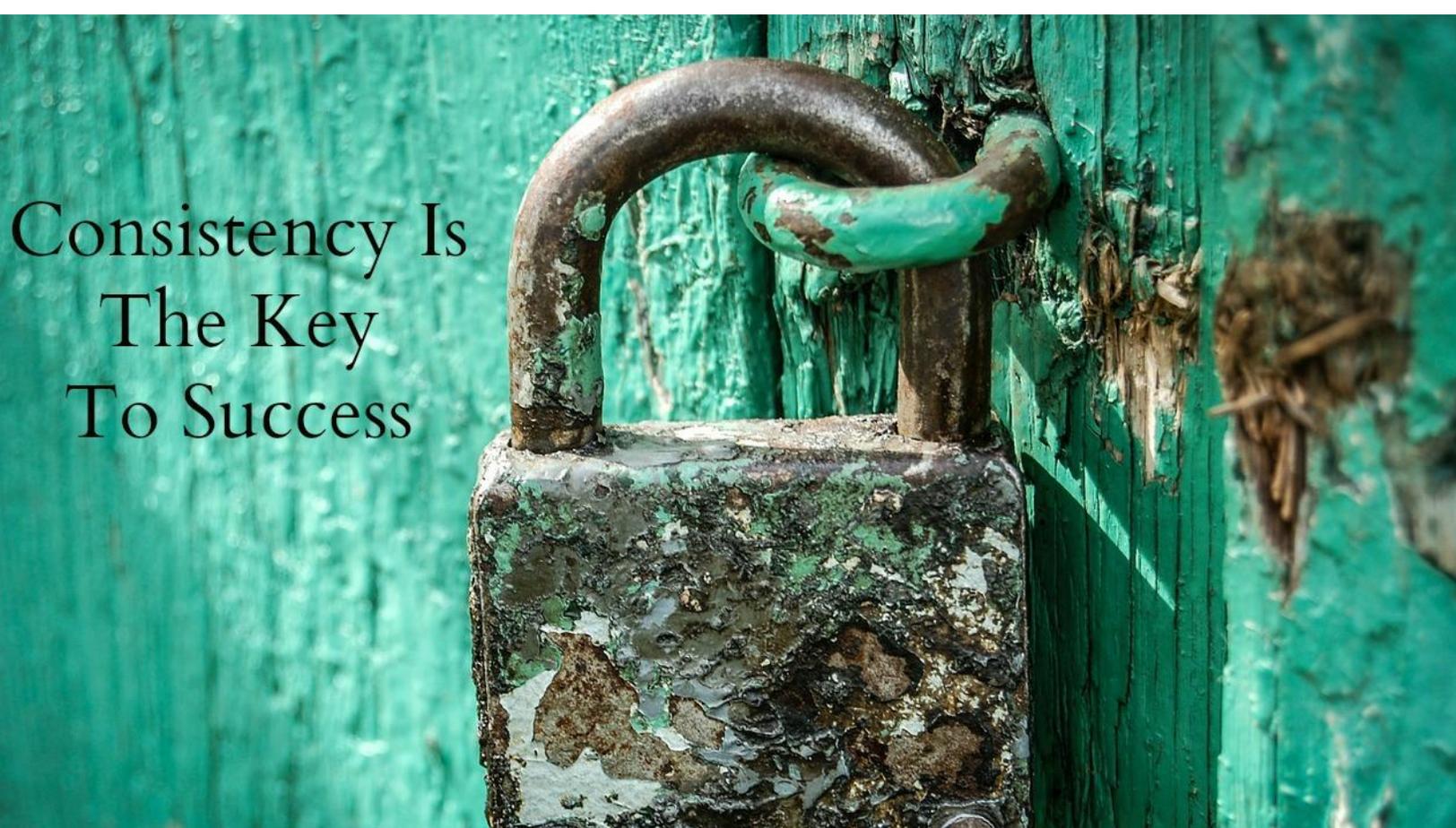
**It's easy to compare yourself to others,** and feel like it's not fair that you have all of these things to do, justifying to yourself that you don't need to make dinner or work out.

But I want to encourage you to stay strong.

Maybe you do need to reevaluate everything you are taking on in your life.

***But remember, people who are busier than you are find time for their health and fitness every day - and if they can do it so can you.***

Stay strong my friend.

A close-up photograph of a heavily rusted metal padlock attached to a green-painted wooden door. The padlock is dark brown and shows significant wear and corrosion. The green paint on the door is peeling and chipped away in several places, revealing the underlying wood. The background is a blurred green, suggesting the rest of the door or a wall.

Consistency Is  
The Key  
To Success

## 10). FIND SUPPORT

I can never remember quotes, or those really good sayings, but I know there is one that's something like **"Nothing great was ever done alone"**.

**I think the same holds true for health and wellness.**

I want you to know that Peter and I are here and willing to help you as much as we can.

If you have a friend or family member who can pick up the slack during your busiest times, that is ideal. But if you don't, and you just need some friends to cheer you on from time to time, or inspire you with their progress, then make sure you're active in the SD Community Forums, as well as [Your Private FB group](#). Those who reach out for help are much more successful than those who sit by the sidelines and just watch. I encourage you to put yourself out there.

If not now, when?

## CONCLUSION

You made it!

**Thank you for reading our guide and being part of this healthy lifestyle community.**

In our society, it can be a challenge to eat healthy and exercise on top of everything else we have to get done in a day. It's our dream, mission & goal in life to help others improve their diet and lifestyle with grace and ease, make it fun, inspiring and most of all... achievable.

We know you can make time for your health and fitness in busy times, because we did it and want to help you along the way.

You're Friends,

*Sarah & Peter*

**Email us:** [Support@theseasonaldiet.com](mailto:Support@theseasonaldiet.com)

**Join our Facebook Group:** <https://www.facebook.com/groups/467401296670504/>

**See us get silly on Instagram:** <https://instagram.com/theseasonaldiet/>

**Tweet Us on Twitter:** <https://twitter.com/theseasonaldiet>

**Check out our boards on Pinterest:** <https://www.pinterest.com/TheSeasonalDiet/>

## Thanks for Reading Our eBook

IF YOU APPLY THESE TIPS YOUR TIME  
WILL BE BETTER SPENT... WE PROMISE!

XO,  
SARAH & PETER

Try the SD for \$1

