



## Tips for Getting Back on Track

### How to Guide: Menu Planning and Meal Prep

You may be getting ready for back-to-school or the office, or simply trying to eat healthier and be more organized. Whatever your situation, meal prep and menu planning can help you eat healthier. To help you organize, plan and prepare, we're sharing our top nutrition tips for:

- Healthy menu planning,
- Kitchen and pantry food stock up, and
- Quick, step-by-step meal prep



### Easy Healthy Menu Planning Tips:

- 1) Balanced meals:** Make sure to include both a source of carbohydrate and protein at all meals. For lunch and dinner (and breakfast if you can!), aim to have half your plate as vegetables. [Click here](#) for easy meal ideas and how to prepare a balanced plate
- 2) Snacks:** If you find yourself hungry between meals, add in a snack with both a source of protein and carbohydrate. Try to limit carbohydrates to 15 grams. [Click here](#) for our smart snacking guide
- 3) Get the family involved in planning menus and meals** – trying to please the picky eaters in your family? Involve your family with grocery shopping (even if it is online) and let them choose some of their favourite foods.

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## Kitchen and Pantry Stock Up for Quick Lunchbox Packing and Easy Meal Prep

Are you wondering **what foods to keep on hand for preparing healthy lunches and snacks?**  
**Foods to have on hand in the *pantry*:**

- Whole grain breads, English muffins, or bagels
- Oatmeal (whole grain old-fashioned or steel cut oats)



[Read More](#)

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## Saving Time in the Kitchen: What Is Meal Prep and How Do You Do It?



[Read More](#)

The hallmark strategy of healthy eating is planning. **“Meal prep”** typically refers to either of the following approaches:

- The planning and preparation of large quantities of ingredients to allow one to quickly combine foods into quick meals.
- Batch cooking a large serving size of a meal packaged into individual air-tight storage containers and then stored in either the fridge to be consumed over the next few days or frozen for consumption over the next few months.

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## Curious to learn more about the FreeStyle Libre Flash Glucose Monitoring System?

LMC & Abbott Diabetes Care invite you to attend two free, live, online education sessions to learn about the FreeStyle Libre flash glucose monitoring system.

**1. Getting Started** - During this session you will have a chance to learn how to apply your sensor, what to expect when using your device, and the benefits of using this technology.

When you register we will also send you a sensor and reader to get started, so it's worthwhile to register early so your sensor arrives prior to the session.

Date: September 16, 2020

Time: 12:00PM

**REGISTER NOW**

Event ID: 286-577-427

**2. Getting More** - During this session you will learn how to read and understand your FreeStyle Libre scan, and learn about how your reports – such as time in target, low-glucose events and daily patterns – can support your daily life.

Date: September 30, 2020

Time: 12:00PM

**REGISTER NOW**

Event ID: 227-895-947





[Read More](#)

## Properly Fitted Shoes For The Whole Family!

September marks the start of a new school year! Children are constantly growing, and are often in need of a new pair of shoes to start their school year off right! Please see below for tips and tricks to fitting the right shoe no matter who you are shopping for:

- Try on shoes near the end of the day to ensure that the shoes will fit your feet when they are most swollen.

New options for lowering  
blood sugars and  
cardiovascular conditions  
available now!

LMC MR



LMC Manna Research is seeking volunteers who have Type 2 Diabetes to participate in a research study for an investigational medication that may lower blood sugar.

**ELIGIBLE PARTICIPANTS MUST HAVE TYPE 2 DIABETES AND AN EXISTING HEART CONDITION.**

**SPEAK TO A RESEARCH  
PROFESSIONAL TODAY!**

**1-833-323-JOIN  
RESEARCH@LMCMANNA.COM**