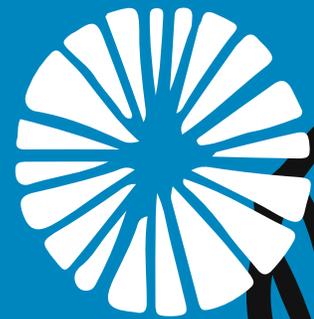


HUM 

# healthy habits guide



WELCOME!

# small steps lead to big change

At HUM, it's our mission to help you feel good inside and out. We understand that sometimes it can be challenging to make the right decisions for your specific goals—that's why we're here to support you with free nutritionist advice.

Through the HUM quiz, we've learned that weight is a concern for 74.4% of our audience. This inspired the development of Counter Cravings™ - a daily supplement formulated to help reduce cravings and boost metabolism, in support of your goals.

For optimal results, use this guide alongside Counter Cravings™. After all, consistent nutrition and lifestyle changes will have the most sustainable, long-term results.



# what we'll discuss

## 1. CRAVINGS

- a. Snacking Mindfully
- b. Counter Cravings™

## 2. NUTRITION

- a. How to Build a Healthy Plate
- b. Top 24 Health Foods

## 3. LIFESTYLE

- a. Sleep Hygiene
- b. Hydration
- c. Exercise
- d. Stress Management

## 4. RECIPE INDEX



# snacking mindfully

There's nothing wrong with truly enjoying a savory or sweet snack. But if indulging in cravings becomes a frequent habit that negatively affects your mood or personal goals, it's worth taking a closer look at the root causes. Cravings can be triggered through a physiological or stressful experience, but the good news is they can be managed by simply identifying the triggers.

## WHEN YOU FEEL A CRAVING CREEPING IN, ASK YOURSELF



AM I SAD?



AM I BORED?



AM I TIRED?



AM I ACTUALLY HUNGRY?



# conquer your cravings

Counter Cravings™ is a caffeine-free supplement formulated with carefully sourced, triple-tested plant extracts that have been standardized to clinical potency to effectively reduce cravings and boost metabolism.



**L-THEANINE** - Mood booster

Naturally found in green tea, and has been shown to increase relaxation, boost mood and increase cognitive function



**CHROMIUM** - Metabolism booster

Balances blood sugar levels to control cravings and boost metabolism



**FORSKOLIN** - Supports healthy weight management

Derived from the Coleus forskohlii plant, this active has been shown to prevent weight gain and decrease body fat



**FUCOXANTHIN** - Supports healthy weight management

Seaweed extract that supports weight loss and decrease in BMI

## HOW TO TAKE



TAKE 1 CAPSULE



TWICE A DAY



WITH YOUR TWO  
MAIN MEALS

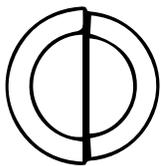
**QUICK TIP:** If you need help staying on track, visit My Routine in your account dashboard to set up daily reminders.

# get results with good nutrition

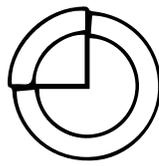
Our eating philosophy is simple: eat a balanced variety of foods, and make sure you're eating enough. Cutting too many calories and adding in high amounts of exercise can actually cause a stress response in your body leading to weight gain.

Rather than fixating on calories, focus on creating a healthy plate with high-quality foods at each meal. Eat mindfully and listen to your body's hunger cues. Some days you may need more food, some days less.

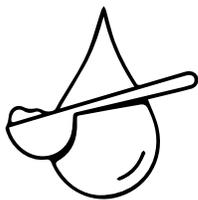
## how to build a healthy plate



1/2 VEGGIES



1/4 LEAN PROTIEN

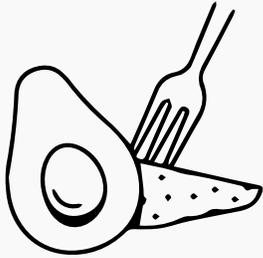


2 TBSP HEALTHY FATS



1/4 - 1/2 CUP COMPLEX CARBOHYDRATES

For specific ideas, we've included a full index of healthy recipes at the back.



# top 24 healthy foods

## VEGGIES

### BELL PEPPERS

High fiber to help keep you full for longer and antioxidant vitamin C to manage oxidative damage to skin.

### BOK CHOY

Vitamin K and calcium to support bone and teeth health, and collagen-boosting minerals for healthy joints.

### BROCCOLI

Helps regulate estrogen levels for optimal hormone balance, and high fiber content helps diversify gut microbiome.

### CARROTS

Carotenoids aid in reducing hyperpigmentation from UV damage, hormones and acne, and support healthy digestion.

### SPINACH

Rich in antioxidant vitamin A and C, and promotes feelings of satiety at a low calorie count.

### TOMATOES

Antioxidants beta carotene and vitamin A, E and C help remove damaging free radicals and help the body detox more efficiently.

### MUNG BEAN SPROUTS

High in copper to promote anti-aging benefits, and a great source of plant-based protein.



## LEAN PROTIEN

### CHICKEN

Rich in vitamin B6, high-quality sources of chicken can support healthy blood vessels, high energy levels and boosted metabolism.

### CHICKPEAS

A low-glycemic carb (won't cause blood sugar spikes!) that's also a great source of plant-based protein and fiber.

### SALMON

Rich source of omega-3 fatty acids, which help calm inflammation in the body that can lead to weight gain.

### TOFU

A source of plant-based protein rich in isoflavones, which can help regulate overall hormone balance, making tofu best consumed in moderate amounts. protein.

## HEALTHY FAT

### AVOCADO

A powerful source of healthy fat that can help balance cholesterol levels and supports feelings of satiety.

### CASHEWS

A powerhouse of health promoting vitamins, minerals and antioxidants including vitamin E and B as well as zinc and copper.

### CHIA SEEDS

Supports the health of bones and teeth, with nearly 20% your daily recommended amount of calcium per serving.

### FLAX SEEDS

Plant-based source of omega-3s, an essential nutrient that helps reduce inflammation and restore moisture to skin to slow signs of aging.

### OLIVES

Help reduce chronic inflammation and contain phenolic compounds—natural antioxidants that protect the body from free radical damage and environmental toxins.



## COMPLEX CARBOHYDRATES

### BLUEBERRIES

Rich in vitamin A, C, K and loads of fiber, the antioxidant content can help clear out damaging cells from the body and support toxin removal.

### QUINOA

This unique pseudo-grain contains all essential amino acids (and about 8-9 grams of protein per cup!), and is a good source of vitamin B6, iron and zinc.

### MIXED BERRIES

Packed with vitamin A and C to help support collagen production and give the skin a brighter appearance.

## SEASONING

### CILANTRO

High in vitamin A, C and K to help promote hair growth, cilantro is anti-inflammatory and is often used to support detoxification.

### GINGER

Helps with inflammation, gastrointestinal distress and digestive issues, promoting optimal gut health which is key for weight management.

### LEMON

Contains vitamin C and helps alkalize the body. When added to water it can help encourage hydration, which is crucial for managing cravings.

### LIME JUICE

Contains immunity and skin-boosting vitamin C and supports improved digestion, relief from constipation and fat-burning properties.



# lifestyle hacks

Incorporating daily healthy habits alongside good nutrition is the best way to set yourself up for success. Remember, it's what you do consistently, not every once in a while, that makes all the difference!

## HYDRATE OFTEN

Aim to fill up your water bottle three times a day. An easy way to keep track is to fill up after breakfast, after lunch and before dinner.

## SNACK SMART

Keeping your blood sugar balanced is a great way to reduce cravings. Blood sugar remains more stable when eating foods that digest slowly, like healthy fats and protein.

## PLAN AHEAD

When we improvise meals at the last minute, we're more likely to grab what's convenient than what's nutritious. Meal prepping ensures you'll get a balanced meal every time.



### BE MINDFUL OF HIDDEN SUGAR

Sweets once in a while are no problem, but there can be lots of added and natural sugars hiding in everyday foods, which could unintentionally sabotage your health goals.

*Some sneaky sources of sugar:*

- Sports drinks: can contain up to 14g of added sugar
- Dried fruit: 1/4 cup of raisins contains 21g of natural sugar
- Unsweetened applesauce: can contain up to 23g of natural sugar

### SHOP WITH A LIST

Grocery stores often have plentiful choices for any given item (and extraneous purchases). Make a list ahead of time and stick to it - it'll save you time and money as well.

### EXERCISE DAILY

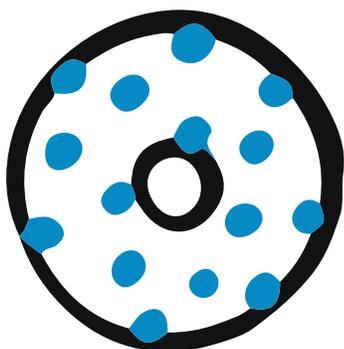
Try to incorporate 30 minutes of light movement every day. This could include yoga, running, swimming or hiking—anything that you enjoy!

### MANAGE STRESS

An excess of stress hormones can cause your body to hold on to extra weight. Make relaxation a priority and create time to sit in the sun, read a book or take a bath. Try a meditation app or simply listen to your breath for 10 minutes a day.

### MAINTAIN GOOD SLEEP HYGIENE

Aim for seven to eight hours of uninterrupted sleep per night. For a more restful sleep, disconnect from screens at least two hours before bed and limit drinking water (to avoid bathroom wakeups). To wind down, try journaling, essential oil diffusers or scented pillow sprays.





We hope this guide empowers you to navigate your day-to-day decisions with confidence.

Remember, good things take time and consistency is key. Start with one small change, then add another. Be patient and enjoy the journey! Successfully adopting sustainable healthy habits is something to celebrate, and will set you on the path to feeling your best, inside and out.

If you have questions along the way, reach out to your HUM Nutritionist through your account dashboard or at [healthy@humnutrition.com](mailto:healthy@humnutrition.com).

Keep humming.  
Team HUM



# recipe index



# breakfast



## BLUEBERRY OVERNIGHT OATS

*By Carrie Gabriel, MS, RD*

*Serves 1*

### INGREDIENTS

1/2 cup regular or rolled oats  
1 cup non-dairy milk, such as cashew or almond milk  
1 tbsp of chia seeds  
1/4 tsp of pure vanilla extract  
1/4 tsp cinnamon  
1/4 cup blueberries  
1 tbsp chopped walnuts  
1 tbsp honey (optional)

### DIRECTIONS

In a medium-sized bowl, add oats, non-dairy milk, chia seeds, vanilla extract, and cinnamon (and honey if desired). Mix all ingredients together with a mixing spoon. Next, wash blueberries and set aside. In a 12-ounce mason jar (or other 12-ounce container), create layers of overnight oat batter, alternating with blueberries and walnuts. Put on the lid and keep in the fridge overnight.

## PEANUT BUTTER RASPBERRY OATMEAL

*By Jessica Bippen, MS, RD*

*Serves 1*

### INGREDIENTS

1/2 cup rolled oats  
1 tbsp ground flax  
1 cup water  
1/2 tsp vanilla extract  
Pinch of salt  
1/2 cup almond milk or plant-based milk of choice  
1-2 tbsp peanut butter  
1/4 cup frozen or fresh raspberries

### DIRECTIONS

In a medium pot, add the rolled oats, flax, water, vanilla, and salt. Bring the oats to a boil and let them cook over medium-low heat for three to five minutes. Once the oatmeal is cooked, stir in the plant-based milk. Place the oatmeal into a bowl and top with peanut butter and raspberries.

## EGG MUFFINS

By Carrie Gabriel, MS, RD

Serves 6

### INGREDIENTS

Olive oil cooking spray  
6 eggs, 6 egg whites  
1/4 cup unsweetened almond milk  
Salt and pepper, to taste  
1/4 cup crumbled feta cheese  
2 tbsp minced fresh chives  
1 cup chopped fresh spinach

### DIRECTIONS

Preheat oven to 350 degrees. Spray eight cups of a muffin tin with cooking spray and set aside. In a medium-sized mixing bowl, whisk together the eggs, milk, salt, and pepper until smooth and lightly colored. Add in the feta, chives, and spinach; stir to combine. Fill each prepared muffin cup with the mixture and then bake in preheated oven for 15 to 17 minutes, or until the cups are solid and slightly brown on top. Let cool for 10 minutes, then remove from muffin tin. Store in airtight container in the fridge for three to four days.



## BEAUTY BOOSTING SMOOTHIE

By Gaby Vaca-Flores, RD

Serves 1

### INGREDIENTS

1 cup frozen riced cauliflower  
1/2 cup frozen blueberries  
1 tbsp cashew butter  
1 tbsp ground flax seeds  
1 1/2 cups unsweetened plain almond milk

### DIRECTIONS

Place cauliflower, blueberries, cashew butter, flax seeds, and almond milk in a blender. Blend for three to four minutes or until smooth.

## CHIA SEED PUDDING

By Sarah Greenfield, RD

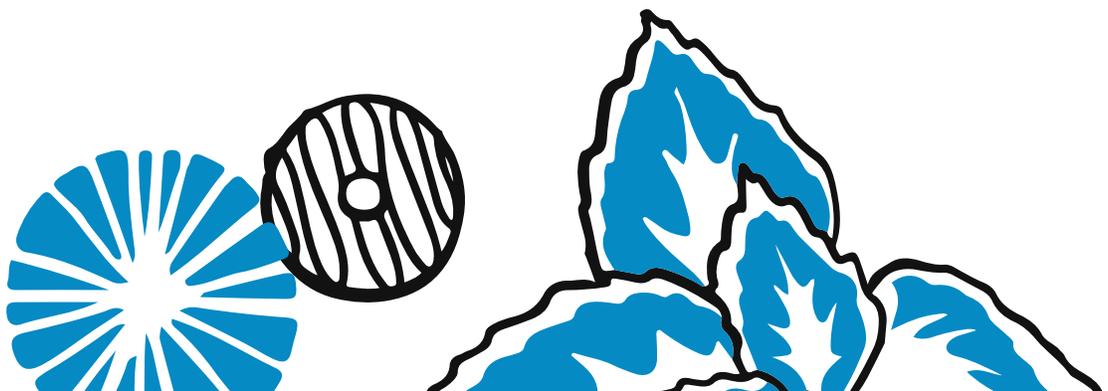
Serves 2

### INGREDIENTS

6 tbsp chia seeds  
1 can whole-fat coconut milk  
1/2 tsp vanilla extract  
1/4 tsp cinnamon  
Pinch of salt  
1 cup mixed berries (blueberries, strawberries, blackberries, raspberries)

### DIRECTIONS

Combine chia seeds, coconut milk, vanilla extract, cinnamon, and salt in a container. Mix together and store in the fridge overnight. When ready to eat, top with a half cup of mixed berries.





# lunch



# SPICY SWEET POTATO SQUASH SOUP

By Jess Nelson, RDN

Serves 3

## INGREDIENTS

2 sweet potatoes  
1/2 cup pureed pumpkin  
1/2 cup pureed butternut squash  
2-3 tbsp olive oil  
1/3 cup shredded carrots  
1/4 cup diced white onion  
1 1/2 cups low-sodium chicken broth  
2 cups organic soy milk or skim milk  
1 cup water  
1/2 tbsp lime juice  
1 1/2 tsp chili powder  
1 1/2 tsp red pepper  
1 tsp garlic powder  
1 tsp cumin  
Salt and pepper to taste

## DIRECTIONS

Score sweet potato then cook in the microwave for 10 minutes. Meanwhile, sauté carrots and onion with olive oil until they're slightly softened. Remove sweet potatoes from the microwave, cut in half, and let sit to cool. Add onions, carrots, pumpkin, and butternut squash to food processor and puree. After sweet potatoes are cooled, peel skin and add to puree mix and blend everything together. (The consistency should be similar to that of mashed potatoes.) Then add half cup of chicken broth and half cup of water and puree again. Transfer everything to a large soup pot and add the rest of the chicken broth, water, and milk. Whisk together on medium-low heat until smooth. Whisk in remaining spices. Simmer on low heat, stirring occasionally. Garnish with sliced avocado, parsley, or cilantro.



## TURKEY MEATBALLS WITH CHICKPEA PASTA

*By Sarah Greenfield, RD*

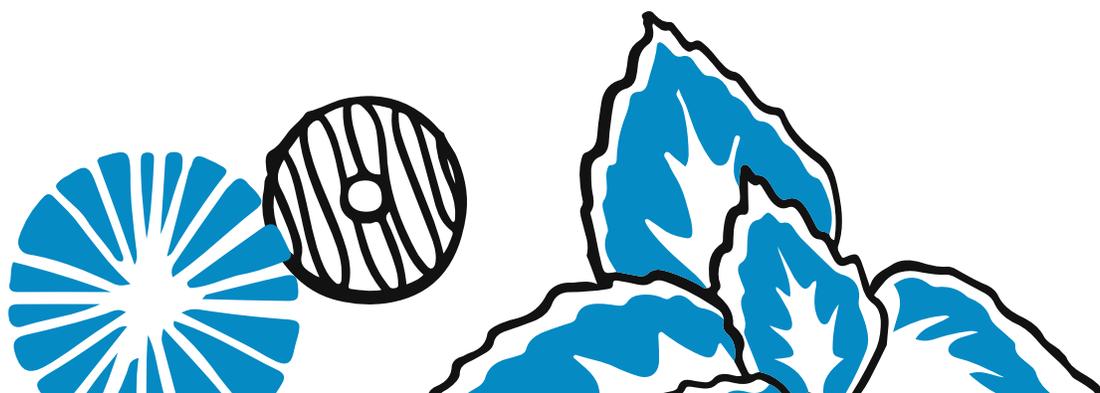
Serves 3

### INGREDIENTS

1 lb ground turkey  
1 egg  
1/2 cup almond flour  
1/2 cup chopped onions  
1 tbsp fresh chopped parsley  
1 tbsp olive oil  
Pinch of salt and pepper

### DIRECTIONS

Spray lined baking sheet with olive oil or use parchment paper. Preheat oven to 375 degrees. Mix all ingredients together in a large bowl until thoroughly combined. Roll into 1 1/2 inch balls and place on a cookie sheet. Bake for 20 to 25 minutes or until cooked all the way through.



# GRILLED PEPPER AND LENTIL SALAD

*By Carrie Gabriel, MS, RD*

Serves 4

## INGREDIENTS

Red, green and yellow bell pepper, quartered and seeded (1 of each)

Olive oil spray

1 1/8 tsp salt, divided

1/2 teaspoon freshly ground black pepper, divided

1 1/2 cups dried lentils (about 3/4 lb)

1 small onion, peeled and halved

1 bay leaf

1/2 cup green onions, chopped

1/3 cup cilantro leaves

1/3 cup fresh lime juice

1/4 cup pitted Kalamata olives, chopped

3 tbsp extra virgin olive oil

1 tsp cumin

## DIRECTIONS

Preheat grill to high heat (or use broiler). Lightly coat bell pepper pieces with cooking spray.

Place bell pepper pieces, skin side down, on grill rack; grill for 12 minutes or until skins are

blackened. Place bell pepper pieces in a zip-top plastic bag. Sprinkle 1/2 teaspoon salt and

1/4 teaspoon freshly ground black pepper into the bag and let them sit for about 15 minutes. Remove the bell peppers and place them in a large bowl. Rinse and drain lentils; place in a large saucepan. Cover with water to three inches above lentils; add the small onion and bay leaf to the pan. Bring to a boil. Cover, reduce heat, and simmer for 20 minutes or until lentils are just tender. Drain lentils. Discard onion halves and bay leaf. Add the lentils to bell peppers. Add the remaining salt, black pepper, and other ingredients to the lentil mixture; stir well.

## BLACK BEAN SALAD

By Gaby Vaca-Flores, RD

Serves 3

### INGREDIENTS

1/2 cup red onion, thinly sliced  
1 cup bell pepper, chopped  
1 medium ripe avocado, pitted and roughly chopped  
1/4 cup cilantro leaves  
1/4 cup lime juice  
2 tbsp extra virgin olive oil  
1 clove garlic, minced  
1/2 tsp salt  
8 cups mixed salad greens  
1 pint grape tomatoes, halved  
15 oz can black beans, rinsed

### DIRECTIONS

Place onion in a medium bowl and cover with cold water. Set aside. Combine avocado, cilantro, lime juice, oil, garlic, and salt in a mini food processor. Process, scraping down the sides as needed, until smooth and creamy. Just before serving, combine salad greens, bell peppers, tomatoes, and beans in a large bowl. Drain the onions and add to the bowl, along with the avocado dressing. Toss to coat.





# dinner



## CHICKPEA CHOPPED SALAD

*By Jessica Bippen, MS, RD*

Serves 2

### INGREDIENTS

6 cups mixed salad greens  
1 cup cherry tomatoes, halved  
1 cup cucumber, diced  
1 cup shredded carrots  
15 oz can chickpeas  
1 tbsp nutritional yeast  
1 tbsp hemp seeds  
1/2 tsp garlic powder  
1 lemon  
Salt and pepper to taste  
1 tbsp dressing of choice

### DIRECTIONS

In a bowl, toss the chickpeas with nutritional yeast, hemp seeds, garlic powder, and juice of one lemon. Season with salt and pepper. Place three cups of mixed greens into two bowls. Place half of each of the veggies into each bowl and top with half of the chickpea mixture. Drizzle with dressing.



# STIR FRY CHICKEN AND BOK CHOY

By Carrie Gabriel, MS, RD

Serves 4

## INGREDIENTS

For the Sauce:

1/2 tsp freshly grated ginger or ginger powder

2 cloves garlic, grated or minced

2 tbsp Braggs Liquid amino acids

1 tbsp rice wine vinegar

For the Stir-Fry:

1 tsp sesame oil

1 lb boneless skinless chicken breasts, cut into 1-inch chunks

1 head of bok choy, washed and cut into 1-inch strips

2 large carrots peeled in strips or 1/2 cup matchstick carrots

5-6 green onions, diced

1 tbsp sesame seeds

1/4 cup cilantro, chopped (optional)

## DIRECTIONS

Stir together all ingredients for the sauce and set aside. Heat sesame oil in a large wok or skillet over medium-high heat. Add in chicken and cook for five to seven minutes. Add in bok choy, carrots, green onions, and sesame seeds. Stir continuously for three minutes and then add in sauce. Cook until the sauce has coated the chicken and vegetables and is heated through. Serve with a sprinkle of cilantro if desired.



# SALMON AND GINGER RICE

*By Carrie Gabriel*

Serves 4

## INGREDIENTS

1 cup brown rice  
4 salmon fillets  
2 tbsp coconut oil  
2 tsp curry powder  
1 tbsp lemon juice  
12 oz broccoli florets  
1 tbsp minced ginger  
1/4 cup sliced almonds  
Salt

## DIRECTIONS

Cook one cup of brown rice according to package instructions. While the rice cooks, preheat oven to 400 degrees. Place three salmon fillets in an eight-inch glass baking dish. In a small bowl, mix together coconut oil, curry powder, and 1/4 teaspoon of salt. Spread all over salmon fillets. Add lemon juice to the baking dish. Bake for 15 minutes or until salmon is flakey when poked with a fork. While salmon is cooking, mix broccoli florets, three tablespoons of water, minced ginger, and a quarter teaspoon of salt together in a bowl. Sauté for 15 minutes or until broccoli can be pierced with a fork. Stir sliced almonds into rice. Serve with cooked salmon and broccoli.



## SPICY GARLIC TOFU WITH QUINOA

By Jessica Bippen, MS, RD

Serves 2

### INGREDIENTS

8 oz extra firm tofu, drained and pressed, then cubed  
2 tsp avocado oil or olive oil, divided  
2 cups broccoli  
1 bell pepper, diced  
3 tbsp rice wine vinegar  
2 tbsp low-sodium soy sauce or tamari  
1 tbsp ginger, grated  
1 tbsp minced garlic  
1/4 tsp chili flakes  
1 tsp sesame oil  
1 cup cooked quinoa (1/2 cup dry)

### DIRECTIONS

Cook the quinoa according to package directions if not using a precooked variety. In a large pan, heat one teaspoon of oil over medium high heat. Once warm, add the tofu, letting each side cook and turn golden for about five minutes. Set aside. In the same pan, add the remaining oil. Add the broccoli and bell peppers. Sauté for a minute or two. In a small dish, whisk together the soy sauce (or tamari), rice wine vinegar, sesame oil, and chili flakes. Add to the pan and cover. Let simmer for three to four minutes or until broccoli is tender. Add the tofu to the pan and cook for another minute. Serve a half cup of quinoa with half of the tofu and veggie mixture. Save the rest in an airtight container for another meal.



# CHICKEN PAD THAI

By Gaby Vaca-Flores, RD

Serves 2

## INGREDIENTS

2 cups zucchini noodles  
2 tbsp coconut oil, divided  
12 oz boneless skinless chicken thighs, trimmed and cut into bite-size pieces  
3 cloves garlic, minced  
2 large eggs, lightly beaten  
7 oz package mung bean sprouts (about 4 cups)  
1 bunch scallions, trimmed and sliced (1/4 cup reserved for garnish)  
1/4 cup rice vinegar  
2 tbsp fish sauce or Braggs Liquid Aminos  
1/2 tsp crushed red pepper  
1/4 cup chopped unsalted dry-roasted peanuts  
Lime wedges

## DIRECTIONS

Heat one tablespoon of oil in a wok or large skillet over high heat. Add chicken and cook, stirring often, until just cooked through for about five minutes. Transfer to a plate. Add the remaining tablespoon of oil and garlic; cook, stirring, for 15 seconds. Add eggs and cook, stirring, until scrambled, for about 30 seconds. Add the zucchini noodles, chicken (and any accumulated juices), sprouts, scallions, vinegar, fish sauce, and crushed red pepper; toss until heated through for one to two minutes. Sprinkle with peanuts and the reserved quarter cup of scallions and serve with lime wedges.





# snacks



## CASHEW COCONUT BITES

By Jessica Bippen, MS, RD

Serves 7

### INGREDIENTS

- 1 cup cashews
- 1/2 cup almonds
- 1/2 cup coconut flakes, plus more for rolling
- 1-2 dates (or 2-5 stevia drops, optional)
- 1/2 cup almond or cashew butter
- 1/4 cup coconut butter, melted and cooled (can sub coconut oil, but won't be as firm)
- 2 tsp vanilla extract
- 1/2 tsp cinnamon
- 1/4 cup hemp seeds (optional, for rolling)

### DIRECTIONS

In a food processor, blend together the cashews, almonds, and dates until small crumbs form. Add the almond butter, coconut butter, cinnamon, and vanilla. Pulse until ingredients come together and start to form a dough (about 15 to 20 pulses). Be careful not to overprocess, or else you'll make nut butter. Scoop a heaping tablespoon of the mixture and roll into a ball. Repeat with the rest of the mixture. You should end up with about 15 bites. Once formed, you can roll in coconut flakes or hemp seeds, if desired. Store in an airtight container in the fridge for two weeks or freezer for a couple months.



## LOADED SWEET POTATO

*By Sarah Greenfield, RD*

*Serves 2*

### INGREDIENTS

2 small sweet potatoes

2 tbsp almond butter

2 tbsp raisins

1/2 tsp cinnamon

### DIRECTIONS

Preheat oven to 375 degrees. Line baking sheet with parchment paper. Using a fork, poke multiple holes into both sweet potatoes. Place potatoes in the oven and bake for about 45 to 60 minutes, or until tender. Remove from oven and let cool. When ready to eat, add one tablespoon of almond butter, one tablespoon of raisins, and a quarter teaspoon of cinnamon to potatoes.

## BIG CHILL MATCHA LATTE

*By Sarah Greenfield, RD*

*Serves 1*

### INGREDIENTS

1 cup water

1 tsp matcha

1 tbsp coconut butter

1 pinch of cinnamon

1 pinch of salt

1 capsule of Big Chill, opened

### DIRECTIONS

Blend all ingredients together and add to a mug. Heat in the microwave for 90 seconds.

## RAW BEAUTY COOLATTA

*By Sarah Geenfield, RD*

Serves 1

### INGREDIENTS

1 scoop Raw Beauty Tropical powder  
1 cup cold unsweetened almond milk

### DIRECTIONS

Mix ingredients together and enjoy for a quick snack.

## PUMPKIN PEANUT BUTTER SMOOTHIE

*By Jessica Nelson, RDN*

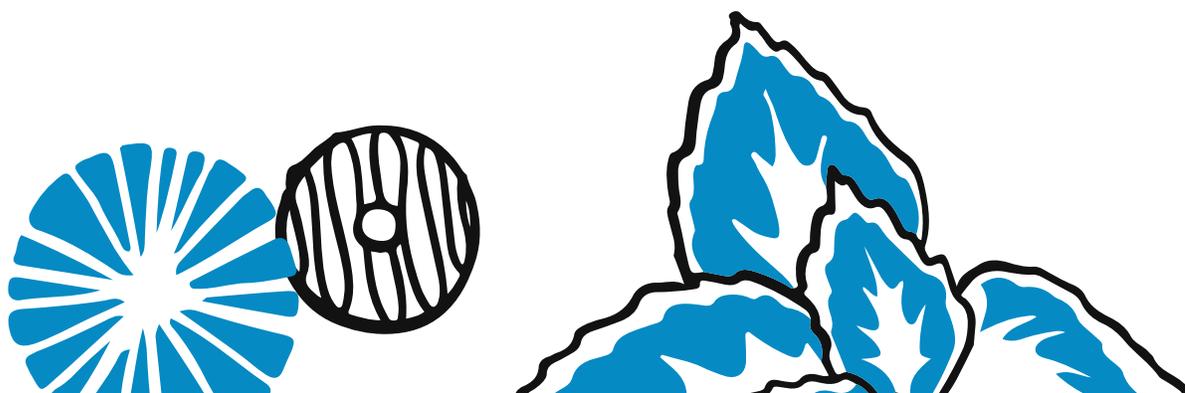
Serves 1

### INGREDIENTS

6 oz coconut or vanilla Greek yogurt  
8 oz vanilla soy milk  
2 tbsp natural peanut butter  
1/2 scoop plain or vanilla protein powder  
1/4 cup pureed pumpkin  
1 small frozen banana  
Handful of ice

### DIRECTIONS

Add all ingredients to a blender and blend until smooth.



HUM

