



# Meals Made Easy

*Plan. Prep. Nourish.*

Meals Made Easy is a LIVESMART campaign designed to equip and empower ONI affiliate employees and family members to prepare balanced, nutritious meals. Provided at no charge, this campaign connects you with a LIVESMART Health Coach who will guide you through all the steps to building balanced meals while maintaining food flexibility to best suit your goals and lifestyle.

## Program Features



Learn how to build a balanced plate to provide the nutrition you need to fuel you day-to-day.



Receive tips and tricks on how to plan, shop and meal prep to keep your nutrition on track.



Navigate making healthy choices when eating out to help maintain balance with a busy lifestyle.

1

### ENROLL

Sign up for this campaign with a LIVESMART Health Coach or online

2

### ENGAGE

Receive educational materials and practical recommendations over 4-6 sessions with a health coach.

3

### EXPERIENCE

Feel empowered as you gain knowledge and skills that will make eating healthy feel less stressful and overwhelming as you move closer toward your health goals.