



Workplace Guide to Healthy ‘Desk-Dining’

By **Tanuja Dabir**
Registered Holistic Nutritionist



Meet

Tanuja Dabir, R.H.N



Welcome!

Before we get to the Workplace Guide to Healthy 'Desk-Dining', I've got to share a secret with you. I may be a holistic nutritionist now, but that wasn't always the case.

In fact, if someone had told me a few years ago I'd be interested in nutrition, I would have laughed.

I mean, we all 'think' we know about what eat and what to avoid, the 'healthy foods' vs. 'junk foods'. What's the need to study nutrition for that, or even consult with a nutritionist for that matter?

So what happened that made me revisit my food habits and eventually study nutrition?

You see I was always exhausted, craved sugar, had chronic pain, digestive issues and was putting on weight steadily. The innumerable doctor's visits and pill popping spree was not helping.

I was exhausted and felt gross. I just couldn't take it anymore.

[Click here to read my full story.](#)

Fast forward to the present time, I've taken charge of my health, conquered my cravings, healed my digestion and have lots of energy!

After spending thousands of hours on research, studying natural nutrition, and many satisfied, healthier clients later; I've combined all my personal experience and professional expertise in a powerful solution that can finally show you how to eat right and get healthy.

If you've tried everything else and failed then you are in the right place!

Ready to finally kick start your journey to a healthier you?

Warmly,

Tanuja Dabir
M.Sc, Registered Holistic Nutritionist



Workplace Guide to Healthy “Desk Dining”

If you're like what I used to be when working in the corporate world; then you are busy, stressed and on-the-go most of the time.

We all recognize the challenges of being at a desk for the majority of the day.

It takes a toll on your health over time. Symptoms like digestive issues, food cravings, weight gain, low immunity, frequent illnesses and energy crashes start popping up.

We all want to get healthier not sicker overtime!

I know how frustrating this can be, and how confusing it is to try to make sense of all the conflicting nutritional information out there.

I put this guide together to help you to better manage these lifestyle challenges of office eating so that you can sustain your energy levels, work smarter and get more out of your day.

In this guide I've also included some quick, energizing recipes for you to eat at work!

I'm excited to share this information with you, so let's dig in!

1

Vending Machines, Office Trolleys and Tuck Shops



Most of the foods on offer are high in saturated and total fat, sodium and/or sugar, and virtually devoid of fiber and vitamins.

Eating these foods on a regular basis may result in erratic blood sugar levels, leaving you with low energy, irritability, poor concentration, weight gain and an increased risk of diabetes, heart attacks and stroke, gout, high blood pressure, cancer and other diseases.

So what should you do?

- Before grabbing a snack, consider whether you actually need a break from what you're doing or are hungry. Going for a short walk or getting a breath of fresh air may be all you need to feel re-energized.
- Drink a glass of water first as you may simply be dehydrated.
- Do not allow yourself skip meals. Hungry people tend to make unhealthy food choices, particularly if tempting snacks are readily available.
- Pre-plan and stock up on healthy snacks like nuts and seeds, yogurts, granola, fruits and veggies with healthy dips like hummus, baba ghanoush or nut butters.
- Avocados, boiled eggs, kale chips, are also great snack ideas!
- Homemade lunches are healthy and a better choice than eating out frequently. Whole grain tortilla wraps or sandwiches with lean meats like turkey, chicken, fish, or tofu and veggies work great and are easy to eat when on-the-go.

- ☐ Soups and smoothies are quick filling and energizing options.

2

Caffeine Rich Drinks



Although tea, coffee and cocoa contain beneficial flavonoids and other antioxidants, the caffeine content limits their benefit.

Overconsumption of caffeine often goes hand in hand with overconsumption of sugar and refined unhealthy snacks such as biscuits.

Excess caffeine intake may cause feelings of anxiety, increased blood pressure, insomnia and headaches. It

can also be a digestive system irritant, causing heartburn, cramping or diarrhea in sensitive individuals.

So what should you do?

- ☐ Before having a cup of tea or coffee, drink a large glass of water! Or go for a short walk or a breath of fresh air as it may be all you need.
- ☐ Limit yourself to 1-2 cups of java per day. Hot chocolate, cola drinks and energy drinks should not be consumed on a regular basis, but rather as an occasional treat.
- ☐ Avoid coffee and tea creamers, as they are high in saturated and trans-fats, which increase the risk of diabetes, cancer, heart attacks and stroke.
- ☐ Skip the sugar. The total daily sugar intake for an adult should be less than 10% of total energy, which equates to eight teaspoons of sugar per day for women and 12 teaspoons for men.

- ❑ With every cup of coffee or tea, drink a glass of water to quench your thirst and rehydrate yourself.
- ❑ During cold and flu season, try hot water with a slice of lemon, orange or fresh ginger in it. Herbal teas also count as water.
- ❑ Choose herbal teas over coffee/ sodas. They are refreshing, lower in caffeine and have anti-oxidants too!

3 Meetings



The challenge with meetings is that either unhealthy foods are provided or none at all.

Foods on offer during meetings typically are highly refined and high in fat.

This can limit productivity and creativity – how sharp do you feel after a muffin with 4 tablespoons of sugar? In addition they promote, weight gain of course!.

So what should you do?

- ❑ Be proactive and if possible, organize healthy food platters for meetings. Source various catering outlets that provide delicious smart snack platters.
- ❑ Suggested snack platter items to your usual caterer: cucumber strips, cherry tomatoes, hummus, celery sticks, berries, boiled eggs, chicken strips, grapes, snap peas, baby corn, pineapple, sweet peppers, smoked salmon, etc. Yummy and very power suit-friendly!

- Keep your own healthy snacks on hand to consume during or between back-to-back meetings.
- Ensure that water is available in all meetings along with the tea and coffee.
- You'd rather have a smart snack *before* meetings and then a beverage during the meeting.
- If you have to eat from unhealthy food platters, rather fill a plate of food once, keeping in mind that half should be vegetables or fruit. In this way, you end up eating a fairly balanced meal rather than too many high fat, high carbohydrate snacks if you nibble continuously.
- If there are four or fewer of you who need to have a meeting, consider going for a walk while addressing the issues at hand. This helps to reduce unhealthy snacking – and, bonus, it spurs creativity and let's everyone know that workplace wellness is part of the company values.

4 Traveling



This is a tricky one.

Time zone changes on top of the usual work stresses really make this a tough challenge for my corporate clients.

Whether you spend a lot of time in a car or hotels, or fly across time zones, travelling disrupts your usual eating routine and can play havoc with healthier food choices.

So what should you do?

- The biggest challenge with meals served on airplanes is the almost complete lack of vegetables and fresh fruit. Make sure you do eat all the salad and vegetables that are served, or ask for the vegetarian option.
- Should you wish to have a meal before boarding a plane, choose a salad-based meal with a small serving of protein.
- Buy a fruit from a coffee shop before boarding the plane which can serve as a healthy snack option. Or carry some nuts/ seeds in a Ziploc bag for a quick snack!
- Meal timing is the other challenge when travelling. A main meal should only be consumed four to five hours after the last main meal. Should you be served a meal one to two hours after a large meal, treat this meal as a snack, rather than consuming the whole meal. This is especially helpful during transitioning between long haul flights.
- Fruit juices, soft drinks and alcoholic beverages are strictly speaking too energy dense. Make water your beverage of choice. If you must imbibe, match every alcoholic drink with a glass of water.
- Drinking enough water is very important, as long flights are particularly dehydrating. Have a glass of water every hour or so.

Here are some recipes for you to take to work!

Now the fun part!

As I promised at the beginning, I'm going to share how to easily incorporate all of these foods in your diet – in a few minutes.

Try these recipes for a satisfying breakfast or mid-morning snack.

Almond Chai Smoothie

2 handfuls baby spinach
1 cup water
1 Tablespoon hot water
2 Tablespoons almond butter
1 Tablespoon coconut oil
1 Tablespoon ground flax seeds
½ teaspoon matcha green tea powder
¼ teaspoon cinnamon
1 cup ice (optional)
1 dropper of liquid stevia

In a small bowl, mix the hot water with the matcha green tea powder and pour into a blender. Add the remaining ingredients and blend.

Drink and enjoy, knowing you're treating your body with great care while also having a yummy treat!



Breakfast Burrito

1 tsp butter
1 egg + 2 egg whites
2 green onions, white and pale green parts, sliced
1 ounce reduced fat cheddar cheese, chopped (such as Cabot)
1 low-carb gluten-free wrap
2 tbsps. salsa

- Over medium heat melt butter and add eggs and green onion. Scramble until almost set, and add cheese.
- Cook a few more minutes until eggs are set and cheese is melted
- Turn off the heat.
- Warm up the wrap on a hot girdle or place wrap on a plate and microwave it for 20 seconds to warm.
- Spread the salsa in the center, and top with eggs.
- Wrap up the burrito and enjoy hot.
- You can add shredded (pre-cooked) chicken or turkey leftovers from dinner to the mix as well.

Chocolate Nut and Date Treats

1 cup walnuts
1 cup almonds
1 cup pitted dates (softened in water if hard)
3 tbsp. cacao powder
1/2 tsp. cinnamon powder
1/2 tsp. nutmeg powder
1/2 cup maple syrup (adjust amount to desired sweetness)
1/2 cup coconut flakes.



- Put all dry ingredients (except coconut flakes) in a food processor and grind till coarsely chopped (to desired coarseness). I like them a little finely ground.
- Add maple syrup and give it one more whisk.
- Mould the mixture into small balls or give them desired fun shapes.
- Coat with dry coconut flakes.
- Freeze them for an hour to make them a little hard.

Serve frozen or refrigerated

What's next?

Discover the Secret to Choosing the Right Foods that Fill You Up,
Give You Lasting Energy and Help You Shed Pounds!

There's a better way over dieting and starving and I'd love to show you how with my 6 week 'program called the ['Diet-Free' Diet](#)

Imagine yourself:

- Having more energy and focus
- Not 'sucking it in' and looking good in that little black dress
- Feeling confident as your weight is under control
- Eating clean and feeding your family balanced, nutrient dense foods

- Enjoying all your favorite foods without deprivation
- Free from guilt, misery and frustration because YOU have taken charge now

'Diet-Free' Diet is your rescue jacket if you are you busy juggling a job, a family and multiple priorities while trying to keep your sanity as you try to "manage it all.

3 weeks worth of 100+ Wholesome and Balanced Meal Ideas+ Recipe Book + Shopping List+ Food Swap List + Tons of Support and Guidance

What's more? I'm offering you the program for 50% off!

For more details or call me at 778.322.5670 to get your started!

Not quite ready yet?

No problem!

I invite you to a **FREE 30-Minute Discovery Call.** In this phone consultation, I'll personally help you discover how you can reclaim your health and life.

- Uncover hidden challenges that may be sabotaging your wellbeing, making you tired, bloated, crave sugar and carbs and put on weight.
- Create a crystal clear vision for your health and wellness that will help you enjoy life more fully and get your "spark" back
- Leave the session renewed, re-energized, and inspired to take action immediately so you can feel more beautiful, energetic, and confident than you have in years...



[to schedule your FREE 30-Minute Discovery Call](#)

Client Success Stories:

The recommendations Tanuja gave me fit my lifestyle, dietary and health needs. Tanuja helped me identify what foods were causing my discomfort and helping me adjust my dietary habits.

The result is that I feel healthier and my discomfort has gone down by a good 90%!

I liked the fact that Tanuja does her research. I had a very specific and rare surgery and Tanuja did her homework and gave me some great advice as to how it affected my digestive system.

She offered me more advice and asked more questions than my doctors had. I found the experience to be very helpful and her recommendations easy to follow.

I would recommend Tanuja to people who need a holistic approach to their health issues plus she is great to talk with in general. She is highly knowledgeable and is very thorough. I'm glad I sought her out.

- *Priya D., Vancouver*

I would strongly recommend Tanuja as a Holistic Nutritionist.

Tanuja's recommendations helped me ask informed questions of my Naturopathic Doctor and incorporate simple changes to my diet to manage my food allergies. These simple changes adding digestive enzymes, looking at food combining and adding more protein with Omega 3s such as chia seeds, have made a big difference in managing my allergies.

Greatly appreciate your suggestions...

- *Sharon K. S., North Vancouver*

I've already lost a few pounds! My tummy is flatter and my pants are fitting better too! I liked the information on proper portion sizes – that was really helpful. Very pleased to see my sugar cravings have greatly decreased too, which is great!

On a scale of 1-10 (10 being the highest mark):

- How easy was it to follow and stay on track with the program? 8
- How did you like working with Tanuja? 10
- How likely are you to recommend this program or working with me to your network??
- Overall program rating (contents, recipes, delivery, customer support etc): 9

- *Shelley W. R*

Tanuja Dabir is a very pleasing personality and helpful person. Tanuja gave a wonderful presentation about the role of diet in management of Diabetes. Her message was very good, simple to understand and liked by all.

As a practicing family physician for the last 40 years, I can say she is very thorough in her approach to the clients. She has very good knowledge regarding nutrition needed for health and wellness.

Hope she continues to help her clients in her practice for long time.

- *Dr. R. Avinashi (M.B.B.S; S C.C.F.P), Burnaby/ New Westminster*

Invest in Your Health.

You Are Worth It!