



sports mom

MEALS ON THE GO GUIDE

fit & healthy
with
JENNIE KROLL



in general

I promote whole food nutrition with a focus on building all meals around protein, nutrient dense foods, adequate carbohydrates, good fat, veggies, fruits, and fiber!

Believe me, I know how hard it is to balance family life, school, work, house duties, kids activities, and fueling my family with healthy food options!

Fueling my family with proper nutrition is SO IMPORTANT to me that I make it a priority to fit into our BUSY week. I have had to get creative with on the go meals which is why I created this guide JUST FOR YOU to enjoy!

We shouldn't have to sacrifice feeding our families healthy meals even though we are on the go!

I hope you enjoy this guide & meals as much as me and my family!



in This guide

HOW TO BUILD A PERFECT MEAL EVERY TIME

PROTEIN/CARB/GOOD FAT SOURCES

SHEET PAN QUESADILLAS

PIZZA MAC AND CHEESE

BACON WRAPPED MEATLOAF CAKE

SAUSAGE PEEPER ONION SKEWERS

CHICKEN CAESAR WRAP

food for thought

build a perfect plate every time!

My fail proof formula for building a well balanced meal includes:



PROTEIN

aim for 25-30 grams
per meal throughout
the day



COMPLEX CARBS

aim for 110-150 grams a day
depending on what your goals
are! This includes your fruits
& veggies as well!



GOOD FAT

aim for around 50
grams total for
the day



FIBER

aim for minimum
25 grams per day

-protein choices-

makes you stronger, faster, build muscles, and grow!

ground turkey

ground beef

chicken breasts or thighs

shrimp

egglife wraps

eggs

canned tuna

salmon

jerky

uncured deli meat

tofu



-fruits & veggies-

**provides important vitamins, protects against disease,
strengthens immune system**

no fruits or veggies are off limit!

**think outside the box, if fresh is
too expensive - you can sub any
fruit or veggie for canned
fruits/veggies. Just try to avoid
any items that have added sugar or
added oils.**

**high fiber veggies: cauliflower,
Brussels sprouts, artichoke, squash,
pumpkin, spinach, green beans,
cabbage, collard greens, broccoli**

-complex carbohydrates-

gives you energy, feeds your brain so you can learn and focus!

**quinoa
rice
potatoes
squash
pumpkin
oats**

-good fats-

essential for growth and development. Young kids need enough of them in their diet for normal brain development. Besides supplying fuel for the body, fats: help the body absorb fat-soluble vitamins (vitamins A, D, E, and K), which can only be absorbed if there's fat in a person's diet.

**avocado
salmon
nuts
nut butters
olives
olive oil
coconut oil
chia seeds
flax seeds
sesame seeds**



choosing healthy foods

in daily life

**Meal Planning:
Create a varied
and healthy menu**

**Choose Healthy
Snacks: Fresh fruits,
low-fat yogurt, and
nuts**

**Cook at Home:
Reduce
consumption of
processed foods**

**Read Labels:
Understand
nutritional content
and composition**

SHEET PAN QUESADILLA

SIETE TORTILLAS

320 CALORIES | 26 G P | 11 G F | 34 G C | 5 G FI

EGGLIFE WRAPS

250 CALORIES | 35 G P | 8 G F | 10 G C | 1 G FI



6 servings



45 minutes prep

Ingredients

- 12 Siete Cassava Flour Tortillas(or you could use 12 egg life wraps to keep super low carb)
- 1 container baby spinach
- 1 container mango peach salsa
- 16 oz. extra lean ground turkey (cook ahead - or use vegetarian refried beans if vegetarian. I made mine half and half)
- 1 cup shredded cheddar cheese (again I did have the sheet with dairy free cheddar cheese and the other half regular - dividing the sheet up helps save time when prepping your grab and go meals)
- 1 egg

Directions

- 1.Preheat oven to 375.
- 2.You need 2 baking sheets the same size - a smaller size if you have.
- 3.Line one sheet with parchment paper.
- 4.Lay out 9 tortillas as pictured, so it covers the entire bottom of the baking sheet.
- 5.Spread out the spinach, then the salsa, then the cooked ground turkey, finally the cheese.
- 6.Take the remaining tortillas and place on top of the cheese, fold the other tortillas.
- 7.Egg wash the top of the wraps, place another piece of parchment paper on top, then place the other baking sheet on top, so the tortillas keep form.
- 8.If you don't have 2 baking sheets the same size, you can just have a layer of tortillas on the bottom and a layer on the top but not fold anything over.
- 9.Place in the oven for 20 minutes.
- 10.Let cool and slice into 6 pieces. These taste just as good cold too!

Pro Tip

Super easy to eat in the car in between activities. My daughter LOVES this sheet pan meal! Pack in a sandwich container for easy to eat on the go.

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MEAL
ON THE GO



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PIZZA MAC & CHEESE

334 CALORIES | 35 G P | 8 G F | 32 G C | 2 G FI



6 servings



20 minutes prep

Ingredients

- 2 cups pasta of choice (use 3 sliced up egg life wraps boiled in water for 1 minute to make a low carb option)
- 16 oz. 99% lean ground turkey
- 2 cups baby spinach
- 1 cup mozzarella shredded cheese
- 1/2 cup Rao's pizza sauce

Directions

1. Cook your ground turkey and boil water for pasta.
2. Once turkey is cooked, you can set aside.
3. Finish making your pasta, drain the water, place back in pot. Add in the cooked ground turkey, Rao's pizza sauce, shredded mozzarella cheese, and baby spinach.
4. Enjoy!

Pro Tip

This dish is quickly becoming one of my daughter's favorite dishes to enjoy!

It's not as messy as you think eating out of a thermos in the backseat of your car. Believe me, I hate a mess in my car and this is a super filling on the go meal to eat on the way to the next activity.

This makes for a super simple lunch to pack as well. Boil water and pour into a thermos. Let sit with cover on for 20 minutes. Pour the water out. Add heated pizza Mac & cheese to thermos, place cover back on and pack in your kids lunch box for a perfectly balanced hot lunch at school!



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BACON WRAPPED MEATLOAF CUPCAKE

280 CALORIES | 28 G P | 16 G F | 8 G C | 1 G FI



12 servings



40 minutes prep

Ingredients

- 36 oz. 96/4 ground beef
- 2 eggs
- 2 cups spinach
- 2 cups cauliflower rice
- 2 cups Chex Rice cereal (made into breadcrumbs after pulsing in food processor)
- 1 pack Siete taco seasoning (mild)
- 12 slices Al Fresco uncured pre cooked chicken bacon

Directions

1. Preheat oven to 350.
2. Turn Chex into breadcrumbs.
3. Place everything in a large mixing bowl EXCEPT the bacon and mix evenly.
4. Make 12 large balls and wrap one slice of bacon around each ball.
5. Place each ball into a muffin tin cavity and bake for 45 minutes.

Pro Tip

Make a double batch and freeze half to have in the freezer on hand for an extra busy week that you don't have time to do any extra cooking!

Have on hand in the fridge to just grab and take when running out the door to the next activity. These taste great cold OR hot. Pair with apple slices or fresh. berries.



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SAUSAGE PEPPER ONION SKEWERS

220 CALORIES | 13 G P | 5 G F | 30 G C | 4 G FI



6 servings



20 minutes prep

Ingredients

- 2 packs Al Fresco uncured sausages of preference
- 2 bell peppers
- 2 onions
- 2 cups button mushrooms
- 1 sliced zucchini
- 16 oz. sweet potatoes

Directions

1. Slice all the veggies up and create an assembly line.
2. Slice one sausage at a time and place on a skewer with sliced veggies. Create a fun pattern. Complete this process until all of the sausages and veggies are used up.
3. Cook in your oven for 20 minutes at 350 or light up the grill and grill away!

Pro Tip

Having anything individually portioned out ahead of time ALWAYS makes for an easy grab and go meal!

Enjoy as is or stuff inside a pita to gobble down as you're headed out the door to your next activity!



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CHICKEN CAESAR PITA

296 CALORIES | 23 G P | 18 G F | 35 G C | 3 G FI



4 servings



20 minutes prep

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MEAL
ON THE GO

Ingredients

- 12 oz rotisserie chicken
- 4 cups shredded lettuce
- 2 cups cauliflower
- 4 tbsp. Bolthouse Farms Caesar Dressing
- 4 pita breads



Directions

1. Grab a precooked antibiotic free rotisserie chicken or pre cooked and shredded from Aldi's to save on time!
2. In a bowl mix together your lettuce, chopped cauliflower and lettuce. Divide into 4 portions and stuff inside 4 pitas.
3. Measure out 1 tbsp. Boldhouse Farms dressing to pour into pita as you are ready to enjoy this. I don't like to pre mix in otherwise it gets soggy and does not stay fresh.
4. You can easily have the pitas ready to go in individual containers with dressing on the side for grab and go during the week!

Pro Tip

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Hungry For More?

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I hope you found this guide to be helpful! My goal is always to take the stress and overwhelm out of meal planning and prepping!

If meal planning and prepping is ALWAYS a pain point for you, please reach out at **jenniekroll@jenniekroll.com** for a free consultation!

I help moms figure out a meal plan that works for them and their family so they are not always making 5 different meals!

I build plans for the entire family to enjoy which maximizes your time in the kitchen - leaving you with more time to enjoy doing what you love to do with your family!

Make sure to follow me on instagram **fitandhealthy.jennie** for more healthy recipes, tips, & tricks!