HEALTHY

BY TOYA SMITH

HEALTHY EATING / EVERYDAY LIVING



NOURISH
YOUR EVERYDAY

Simple meals. Thoughtful choices.
A lifestyle you can grow into.

PLUS

A fresh bowl recipe + your weekly planner

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WELCOME

A little care, every day.

Healthy eating and a healthy lifestyle belong in everyday life: at the kitchen table, during a busy workday, and in the small moments we set aside to care for ourselves.

This new digital edition of Healthy brings together approachable food ideas, practical routines, and room to reflect. Start with one choice that fits your life, then build from there.

Make room
for nourishment.

Make room
for yourself.

CREATED FOR TOYA SMITH

Inside this edition

03 Build a satisfying everyday plate

04 Lemon chickpea & brown rice bowls

05 Shop with a plan

06 Movement, rest & a daily reset

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08 Resources & the next small step

A newly created edition for ToyaSmith.com. It is not a reproduction of an earlier issue.

EAT WELL

Build a plate you look forward to.

Let variety, flavor, and practicality guide the meals you make most often.

01 Start with color

Add vegetables or fruit you enjoy: peppers in eggs, greens beside dinner, or berries with breakfast. Fresh, frozen, and canned options can all have a place. [1, 2]

02 Include a protein food

Try beans, lentils, eggs, fish, poultry, tofu, or other protein foods. Choose a mix across the week rather than relying on one food for every meal. [1]

03 Make room for whole grains

Oats, brown rice, and whole-grain bread are easy starting points. Pair them with produce and a protein food for a practical meal. [1]

04 Bring in flavor

Use herbs, citrus, spices, and a little olive oil. Compare labels when choosing sauces and dressings, including their sodium and added sugars. [1, 2]

Try today: add one vegetable you enjoy to a meal you already make.

Guidance: CDC healthy meals and healthy eating tips. Sources 1-2, page 8.

IN THE KITCHEN

Lemon chickpea & brown rice bowls

A flexible, colorful meal made with a few familiar ingredients.

SERVES 2 / ABOUT 15 MINUTES WITH COOKED RICE

What you need

1 cup cooked brown rice

1 can (15 oz) no-salt-added chickpeas, drained and rinsed

1 cup diced cucumber

1 cup cherry tomatoes, halved

2 cups washed leafy greens

1 tablespoon olive oil

2 tablespoons lemon juice

1/2 teaspoon dried oregano

Black pepper, to taste

How to make it

1. Whisk olive oil, lemon juice, oregano, and pepper in a small bowl.

2. Divide the greens and cooked rice between two bowls.

3. Add chickpeas, cucumber, and tomatoes. Drizzle with the dressing and toss gently.

4. Taste and adjust the lemon or herbs before serving.

Make it your own

Swap rice for cooked quinoa, use white beans instead of chickpeas, or add shredded cabbage for crunch. Adjust portions and ingredients to your needs.

Kitchen note: wash produce before cutting. Refrigerate leftovers promptly in a covered container. Recipe developed for this edition; nutrition values have not been calculated.

SMART SHOPPING

Good food. A thoughtful budget.

A useful grocery list begins with what you already have.

Before you shop

Look in the pantry, refrigerator, and freezer. Choose two or three meals that share ingredients. Write down what is missing, and plan how to use foods that need attention first. [3]

At the store

Compare unit prices, not just package prices. Frozen produce, canned beans, and store-brand staples can be practical options. Buy larger packs only when you can use or store them. [3]

ONE LIST, THREE MEALS

Start with: oats, rice, beans, eggs, greens, tomatoes, apples, and plain yogurt.

BREAKFAST	Oats, apple slices, and plain yogurt
LUNCH	Bean and tomato bowls over rice
DINNER	Eggs with greens, plus rice on the side

A small habit that helps: keep a short “use next” list on the refrigerator. Let those ingredients shape your next meal before buying more.

Budget guidance: USDA MyPlate. Source 3, page 8. Meal ideas are editorial suggestions.

EVERYDAY LIVING

Move. Rest. Make space.

Wellness includes how you move through the day and how you recover from it.

Move in ways that fit you

For adults, CDC recommends at least 150 minutes of moderate-intensity activity each week, plus muscle-strengthening activity on two days. Shorter sessions count. Start where you are; some activity is better than none. If you have a chronic condition, ask your clinician what fits your needs. [4]

Protect your rest

CDC recommends at least seven hours of sleep for adults ages 18-60; needs vary by age. Keep bedtime and wake time consistent, and set aside a quiet wind-down period. Ongoing sleep problems deserve a conversation with your healthcare provider. [5]

Choose a daily pause

Put a small pause on your calendar: sit quietly, step outside, write a few lines, or call someone supportive. Choose a practice that feels useful and manageable. This is an invitation to reflect, not a treatment plan.

Reflection: what would caring for yourself look like in your actual day?

Activity and sleep guidance: CDC. Sources 4-5, page 8.

MAKE IT PRACTICAL

Your week, with intention.

Choose one manageable focus each day. Use these ideas as prompts, not rules.

MON	**Plan a meal** Pick a meal and check your pantry.	☐
TUE	**Add color** Include a fruit or vegetable you enjoy.	☐
WED	**Make movement fit** Choose an activity that suits your ability.	☐
THU	**Prepare one thing** Wash produce or cook a grain for tomorrow.	☐
FRI	**Pause and connect** Make time for reflection or a supportive chat.	☐
SAT	**Protect your rest** Plan a calm wind-down this evening.	☐
SUN	**Notice what worked** Keep one habit that felt realistic.	☐

One habit I want to carry forward: _____

KEEP EXPLORING

Small choices. Room to grow.

Return to the ideas that feel useful. A healthy lifestyle can include familiar foods, shared meals, enjoyable movement, and time to rest. You can adapt these pages to your tastes, budget, culture, and daily routine.

Sources & further reading

1. CDC | How to Have Healthier Meals and Snacks
   Open resource online
2. CDC | Healthy Eating Tips
   Open resource online
3. USDA MyPlate | Eat Healthy on a Budget
   Open resource online
4. CDC | Adding Physical Activity as an Adult
   Open resource online
5. CDC | About Sleep
   Open resource online

Sources checked November 2, 2026. Source numbers appear beside relevant guidance. Links are clickable in this PDF. Listing these organizations does not imply endorsement.

For general education and inspiration. This magazine does not provide individualized medical or nutrition advice. Adapt food and activity choices to allergies, health conditions, and guidance from your healthcare team.

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