

# Simply Well

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## SCHOOL Rules!

With school starting, it's time to think once again about planning for kid's lunches or even adult choices. Summer can shift us away from our routines so this is a good time to re-focus on food. One favorite of mine is making a bento box or using small containers to create sections in lunch boxes. A colorful way to do that is to use food grade silicon muffins wrappers. When planning a lunch box look to create a combination of foods to support energy, focus and blood sugar balance. Choose protein like rolled up meat slices, hummus or organic cheese, healthy fats like raw nuts or guacamole, low starch carbs like carrots, colored peppers, cherry tomatoes, snow peas, complex carbs like whole grain crackers and colorful fruits like berries, kiwi, or clementines. These can be prepared at night, making morning schedules run more smoothly. They also make larger version of Bento boxes for adults so you might find yourself enjoying some of the same options for your own lunch.

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**Simply Easy Tip:** Get kids involved in choosing their food or even packing lunch the night before. Create a game of eating the rainbow, choosing a different color of veggies or fruit for each day.

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**Simply Supportive:** A multi vitamin is a great way to close the gap on missing nutrients-this kid's chewable has some fruit and veggie nutrition built in! **PhytoMulti Kids - The Smart Chewable Multi-Vitamin** goes beyond basic wellness support with 16 vitamins and minerals combined with a proprietary combination of 9 fruit and vegetable powders and extracts. Designed to complement a healthy diet with a rainbow spectrum of phytonutrients to activate health potential like no other chewable foundation nutrition formula. To order **PhytoMulti**, you can contact our front desk at (860)519-1916 or visit our website:

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# Simply Delicious

## Homemade Protein Bars

### Ingredients:

1 1/2 cup – oats, dry  
1/3 cup – vanilla protein powder  
(choose a plant protein)  
1/2 cup – crispy rice cereal  
1/2 cup – nut or seed butter, all-natural  
1/4 cup – honey  
1 tsp – vanilla extract

*\*Optional: 2-4 tablespoon  
chocolate chips, dark*

*[Adapted from:*

*<http://www.superhealthykids.com/homemade-protein-bars/>]*

### Directions:

Prepare a 9X5 loaf pan by greasing it or lining it with parchment paper.

Use a blender to turn your oats into flour by blending them. Pour into bowl.

To oat flour, add protein powder and crispy rice cereal.

In a small sauce pan add peanut butter and honey. Melt together over medium heat and stir until combined.

Pour peanut butter/honey into dry ingredients and stir. Dump into prepared loaf pan and **FIRMLY** press into pan.

Optional: melt chocolate chips in the microwave and drizzle into loaf pan.

Let cool in fridge for at least 25 minutes and then cut into bars or squares!



To order **PHYTOMULTI KIDS MULTIVITAMIN**, you can contact our front desk at (860)519-1916 or email [Info@IntegrativeWellnessAndPT.com](mailto:Info@IntegrativeWellnessAndPT.com).

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### Sign up for a remote phone consultation

### OR a local visit with Holly Niles!

### Schedule a **FREE 15 minute consultation:**

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