

FRESH 2 GO MEAL PREP · CERTIFIED SPORTS NUTRITIONIST GUIDE

THE MORE YOU KNOW, THE MORE YOU GROW.

Grocery Label Decoding, Plant-Rich Proteins & 5-Day Meal Prep Blueprint

"Lasting nutrition transformation doesn't start by stripping away everything you enjoy overnight. It starts by ADDING high-vibrational plant proteins, living water-rich fruits, and real mineral nourishment until your cells naturally crave what heals them."

WHY BRITTANY CREATED THE 'ADD-IN FIRST' NUTRITION METHOD

Over 8+ years as a Certified Sports Nutritionist and founder of Fresh 2 Go Meal Prep (featured on Channel 7 News), Brittany discovered why crash diets fail: deprivation triggers stress hormones. Instead of focusing on restriction, start by adding clean plant proteins, smoothies, and whole foods into your daily rhythm.

01 · CHICKPEAS (GARBANZO BEANS)

Rich in plant protein, prebiotic fiber, iron, and folate. Roast with sea salt, garlic, and cumin for a crunchy topping, blend into clean hummus, or toss into warm grain bowls.

02 · BLACK BEANS & LENTILS

Steady, slow-burning complex carbohydrates + complete amino acid profiles when paired with quinoa or brown rice. Keeps blood sugar stable for hours without afternoon crashes.

03 · WATER-RICH FRUITS & SMOOTHIES

Berries, mango, seeded grapes, pineapple, and leafy green smoothies flood your cells with living enzymes, structured hydration, and antioxidants before heavy afternoon meals.

04 · MINERAL GREENS & HEALTHY FATS

Avocado, hemp seeds, pumpkin seeds, kale, and dandelion greens support hormone balance, gut lining repair, and deep brain focus throughout high-stress workdays.

BOOK YOUR CUSTOM MEAL PLAN OR 1-ON-1 GROCERY STORE RUN WITH BRITTANY

Sanctuary & Books: nourishedcollective444@gmail.com · Fresh 2 Go Nutrition: servicesatfresh2go@gmail.com

Wild Child Apothecary · Fresh 2 Go Meal Prep · Baby Mama University · Sacred Seed Publishing

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BRITTANY'S 5-STEP BACK-OF-LABEL DECODING CHECKLIST

Never get fooled by front-of-box marketing again. Flip the package over and inspect these 5 things first:

STEP 1: IGNORE THE FRONT CLAIMS — READ THE FIRST 3 INGREDIENTS

Ingredients are listed by weight from highest to lowest. If sugar, high-fructose corn syrup, enriched bleached flour, or inflammatory seed oils (soybean, canola, cottonseed oil) are in the top 3 ingredients, put it back on the shelf.

STEP 2: CHECK SERVINGS PER CONTAINER vs. SERVING SIZE

Many 'low-calorie' or 'low-sugar' snacks split a single small bottle or bag into 2.5 or 3 servings. Multiply the sugar, sodium, and calories by the actual amount you plan to eat so you know the real numbers.

STEP 3: SPOT HIDDEN 'ADDED SUGARS' & ARTIFICIAL SWEETENERS

Natural fruit sugar comes packaged with living fiber. Look specifically at the 'Includes Xg Added Sugars' line—aim for under 5g per serving, and watch out for hidden aliases like maltodextrin, dextrose, brown rice syrup, and sucralose.

STEP 4: THE FIBER-TO-PROTEIN POWER RATIO

When shopping for grains, wraps, snacks, or plant bowls, look for at least 3g–5g of Dietary Fiber and 5g–10g+ of clean Protein per serving. Fiber + protein slows digestion, feeds beneficial gut bacteria, and eliminates cravings.

STEP 5: SODIUM, PRESERVATIVES & THE 5-INGREDIENT RULE

If a label reads like a chemistry experiment (BHT, Red 40, Yellow 5, sodium benzoate, MSG/autolyzed yeast extract), your gut and nervous system have to work overtime to detox it. Choose whole foods with 5 or fewer recognizable ingredients.

WANT TO WALK THE AISLES WITH BRITTANY? BOOK A 1-ON-1 GROCERY STORE RUN!

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THE 5-DAY FRESH 2 GO MEAL PREP & KITCHEN EXECUTION PLAN

Spend 90 minutes on Sunday prepping 3 core staples so you eat clean, high-energy meals all week long.

MONDAY · GUT RESET & HYDRATION

Morning: Key lime mineral water + Green Berry Smoothie (spinach, blueberries, banana, hemp seeds) | Lunch: Mediterranean Chickpea & Cucumber Quinoa Bowl | Dinner: Lentil & Sweet Potato Curry with Steamed Greens.

TUESDAY · CELLULAR ENERGY

Morning: Herbal Tea + Fresh Pineapple & Berries | Lunch: Black Bean, Avocado & Roasted Pepper Power Wrap | Dinner: Garlic-Herb Chickpea Pasta with Zucchini, Cherry Tomatoes & Kale.

WEDNESDAY · ANTI-INFLAMMATORY GLOW

Morning: Mango-Turmeric Ginger Smoothie | Lunch: Loaded Quinoa & Edamame Crunch Salad with Tahini-Lemon Dressing | Dinner: Warm Black Bean & Butternut Squash Tacos on Corn Tortillas.

THURSDAY · STRENGTH & FOCUS

Morning: Mixed Berries, Walnuts & Chia Pudding | Lunch: Roasted Chickpea & Kale Caesar Bowl | Dinner: Smoky Red Lentil Stew over Jasmine or Brown Rice with Avocado.

FRIDAY · SANCTUARY NOURISHMENT

Morning: Green Goddess Smoothie | Lunch: Fresh 2 Go Rainbow Nourish Bowl (humus, falafel/chickpeas, greens, cucumber) | Dinner: Crispy Portobello or Veggie Stir-Fry with Broccoli & Sesame Ginger Sauce.

PRINTABLE CLEAN GROCERY CART CHECKLIST

[ ] Proteins: 3 cans Organic Chickpeas, 3 cans Black Beans, 1 bag Red/Green Lentils, Hemp Seeds, Walnuts

[ ] Complex Carbs: Tri-Color Quinoa, Sweet Potatoes, Butternut Squash, Chickpea Pasta, Brown Rice

[ ] Living Fruits: Blueberries, Strawberries, Mango, Pineapple, Bananas, Key Limes, Avocados

[ ] Greens & Veggies: Baby Spinach, Lacinato Kale, Broccoli, Bell Peppers, Cucumbers, Red Onion, Garlic

[ ] Clean Pantry: Extra-Virgin Olive Oil, Tahini, Sea Salt, Turmeric, Cumin, Smoked Paprika, Herbal Teas

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WORK DIRECTLY WITH BRITTANY JOI HADLEY · NUTRITION & MEAL PREP

Ready to stop guessing in the kitchen? Book your personalized nutrition plan, store run, or meal prep today:

01 · CUSTOM HOLISTIC & SPORTS NUTRITION MEAL PLAN ($97)

Personalized 4-week nutrition blueprint tailored to your body goals, schedule, gut health, and food preferences. Includes exact daily macros/portions, swap lists, smoothie recipes, and a 1-on-1 kickoff call with Brittany.

02 · 1-ON-1 GROCERY STORE LABEL-READING RUN WITH BRITTANY ($125)

Walk the grocery store aisles side-by-side (or live on video) with Brittany! Learn how to decode nutrition labels in real time, pick high-vibrational staples on a budget, and leave with a full cart of clean meals for your household.

03 · FRESH 2 GO WEEKLY MEAL PREP BATCH ORDER ($140 / 5-MEAL PACK)

Chef-prepared, nutrient-dense Fresh 2 Go plant-rich meals crafted for busy professionals, moms, and athletes in Metro Detroit. Eliminates kitchen stress while flooding your vessel with clean energy.

04 · 1-ON-1 HOLISTIC GUT, VESSEL & APOTHECARY CONSULTATION ($75)

Deep-dive 45-minute private consultation combining cellular nutrition, Wild Child Apothecary herbal infusions (Lunar Womb Tea, Nervous System Soak, Sacred Root Oil), and somatic stress regulation.

HOW TO BOOK YOUR NUTRITION SESSION OR MEAL PLAN TODAY:

1. Visit sacred-seed-brittany.netlify.app/#nutrition to submit your Fresh 2 Go Nutrition & Meal Plan intake form.
2. Or email Brittany directly at servicesatfresh2go@gmail.com or nourishedcollective444@gmail.com with the subject line 'FRESH 2 GO'.

FRESH 2 GO & SACRED SEED SANCTUARY · BRITTANY JOI HADLEY

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