Easy Ways to Power Up Your Nutrition



Power Ups are quick, simple ways to add ingredients to the meals you already eat to make them more fresh, healthy, and delicious. The key is layering nutritional powerhouses—like nuts, fruit, vegetables, and beans—onto everyday foods like pasta, baked potatoes, and sandwiches. A small addition can transform a meal, boosting flavor and nutrition at the same time.

Add Beans to Everyday Meals

Beans are one of the easiest ways to upgrade the nutrition of meals you're already making. Toss white beans into pasta, chickpeas into salads, or black beans into tacos, baked potatoes, and soups. They add plant-based protein, fiber, and staying power, helping meals feel more satisfying without much extra effort. Canned beans work perfectly—just rinse and add them to whatever's already on the menu.

Stir Greens Into Warm Dishes

Adding greens doesn't have to mean eating another salad. Frozen spinach, chopped kale, or other leafy greens can easily disappear into soups, pasta sauces, stews, and eggs. They cook down quickly while adding fiber, vitamins, and minerals. Keeping a bag of greens in the freezer makes it simple to add a handful whenever you want an extra nutrition boost.

Sprinkle on Seeds for a Tiny Nutrition Boost

Chia, flax, pumpkin, or sesame seeds are small but powerful. Just a tablespoon adds fiber, healthy fats, and minerals like magnesium and zinc and a *teeny* bit of satisfying crunch. Sprinkle them over oatmeal, yogurt, salads, or toast—or try a spoonful on top of a smoothie (after blending).

Add Citrus or Vinegar to Brighten Meals

A squeeze of lemon or a splash of vinegar can completely transform a dish. Acid brightens flavors, making vegetables, grains, and proteins taste more vibrant without extra salt or heavy sauces. Try finishing soups, roasted vegetables, or grain bowls with lemon juice, red wine vinegar, or balsamic vinegar.

Finish Meals With Healthy Fats

A small finishing touch can make a big difference. Healthy fats—like olive oil, yogurt, avocado, nuts, or seeds—not only add flavor and richness, but they also help your body absorb fat-soluble nutrients from vegetables (like vitamins A and K). Try adding sliced avocado to a burrito, dolloping a spoonful of full-fat yogurt on soups or grain bowls, or sprinkling toasted nuts over salads and oatmeal.

Healthy meals don't have to start from scratch. Pick one power up this week and add it to a dish you already love.

Source—Monj