



HOSTED BY

MONARCH

ALTERNATIVE CAPITAL

A COOKING PARTY & NUTRITION EXPERIENCE

The Mediterranean Table

EAT FOR ENERGY, BRAIN HEALTH & LONGEVITY

Nutrition Education by

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WELCOME

Thank You for Joining Us This Evening

Tonight is about much more than preparing a delicious meal. It's about discovering how simple, wholesome ingredients can support your energy, focus, productivity and long-term health.

The Mediterranean lifestyle isn't a diet — it's one of the most well-researched ways of eating for healthy aging and disease prevention. It emphasizes fresh vegetables, fruit, legumes, lean proteins, healthy fats, herbs, whole grains, and enjoying meals with others. Research has linked this style of eating with:

- Better brain health & memory
- Improved focus & mental clarity
- Reduced inflammation
- A healthier gut microbiome
- More consistent energy throughout the day
- Better heart health
- Better blood sugar balance
- Healthy aging & longevity

The best part? It's practical, flexible, and delicious.

Mahi-Mahi Ceviche & Vietnamese Summer Rolls

Mahi-Mahi Ceviche

HEALTH BENEFITS

- Lean protein helps stabilize blood sugar, supports muscle maintenance, and keeps you feeling satisfied longer.
- Rich in selenium, an antioxidant mineral that supports thyroid health, immune function, and protects cells from oxidative stress.
- Tomatoes are one of the richest dietary sources of lycopene, a powerful antioxidant associated with heart health and healthy aging.
- Fresh lime juice provides vitamin C, which supports immune function, collagen production, and helps your body absorb iron from plant foods.

NIKKI'S NUTRITION TIP

One of the easiest ways to eat healthier is to keep meals simple: Protein + colorful vegetables + healthy fats + herbs + citrus = a delicious, nutrient-rich meal.

Vietnamese Summer Rolls

HEALTH BENEFITS

These beautiful rolls are a perfect reminder to eat the rainbow — every color of fruit and vegetable provides different antioxidants, vitamins and minerals.

- Carrots provide beta-carotene, which supports healthy vision and immune function.
- Cucumbers help with hydration.
- Shiitake mushrooms provide unique antioxidants and beneficial compounds that support immune health.
- Fresh herbs naturally enhance flavor while providing anti-inflammatory plant compounds.

WHY FIBER MATTERS

Most Americans consume only about half of the recommended daily fiber. Fiber helps keep you full longer, feed your healthy gut bacteria, support digestion, lower cholesterol, promote healthy blood sugar, and support long-term heart health. **Aim for 25–38 grams every day.**

Bacon-Wrapped Dates & Avocado Radicchio Crisp

Bacon-Wrapped Dates

HEALTH BENEFITS

Dates are often called "nature's candy" for good reason — naturally sweet without refined sugar, rich in fiber, an excellent source of potassium, and containing magnesium and antioxidants.

Potassium plays an important role in muscle contractions, nerve signaling and maintaining healthy blood pressure. Dates also contain antioxidants that may help protect cells from oxidative stress and support kidney health in healthy individuals. *(If you have kidney disease, follow your healthcare provider's recommendations regarding potassium intake.)*

NIKKI'S FAVORITE HEALTHY DESSERT

Slice open a Medjool date and fill it with natural peanut or almond butter, a sprinkle of cinnamon, and optionally dark chocolate chips or chopped walnuts — a naturally sweet dessert packed with fiber, healthy fats and protein. Healthy eating isn't about avoiding dessert — it's about making nourishing choices most of the time.

Avocado Radicchio Crisp

HEALTH BENEFITS

- Avocados are packed with heart-healthy monounsaturated fats that help keep you fuller longer.
- Healthy fats help your body absorb vitamins A, D, E and K from vegetables.
- Brown rice provides complex carbohydrates that deliver slow, steady energy for both your body and brain.
- Radicchio contains antioxidants and colorful plant compounds that support overall health.

NIKKI'S NUTRITION TIP — DON'T FEAR HEALTHY FATS

Olive oil, avocados, olives, nuts, and seeds are cornerstones of the Mediterranean lifestyle. They make meals more satisfying, flavorful, and nourishing — and support brain health, heart health, hormone production, glowing skin, and long-lasting energy.

Greek Salad

A perfect Mediterranean meal starts with vegetables.

HEALTH BENEFITS

- Tomatoes provide lycopene for heart health.
- Cucumbers contribute hydration.
- Olives contain heart-healthy fats and powerful antioxidants called polyphenols.
- Fresh vegetables provide fiber that supports digestion, gut health and blood sugar balance.
- Herbs add incredible flavor while naturally reducing the need for excess salt.

NIKKI'S SALAD FORMULA

Every satisfying salad should include: protein, colorful vegetables, healthy fat, fiber, and flavor. When all five come together, you've built a complete meal — not just a side salad.

ENTRÉE

Free-Range Amish Chicken Provençal

HEALTH BENEFITS

- Lean chicken provides high-quality protein to support muscle, metabolism, recovery and lasting energy.
- Spinach is rich in folate, magnesium, vitamin K and antioxidants that support brain, heart and bone health.
- Olive tapenade provides healthy fats and polyphenols that help reduce inflammation.
- Herbs and spices naturally boost flavor without relying on excess sodium.

NIKKI'S NUTRITION TIP

One of the easiest upgrades you can make at home? Simply add another vegetable. Toss spinach into eggs, soup, pasta, rice, smoothies or grain bowls — it wilts in seconds and dramatically boosts nutrition.

Seasonal Cranberry Fruit Cobbler

Yes... dessert belongs in a healthy lifestyle.

HEALTH BENEFITS

Cranberries are nutritional powerhouses.

- Rich in antioxidants called polyphenols that help protect our cells from oxidative stress.
- Best known for supporting urinary tract health because they contain compounds that help prevent certain bacteria from adhering to the urinary tract.
- May help reduce inflammation and support heart health.
- Fruit-based desserts provide naturally occurring vitamins, minerals and fiber while satisfying a sweet craving.

NIKKI'S NUTRITION TIP

Healthy eating isn't about perfection. It's about your overall eating pattern — not one meal or one dessert. Slow down. Enjoy every bite. Celebrate food without guilt.

NIKKI'S METHOD

Nikki's Simple Formula for Building a Healthy Plate

Protein

Chicken, fish, seafood, beans, lentils, eggs, tofu or tempeh

Healthy Fats

Olive oil, avocado, olives, nuts and seeds

Flavor

Fresh herbs, garlic, lemon, vinegar and spices

Color

Fill half your plate with colorful vegetables and fruit

Smart Carbohydrates

Whole grains, beans, potatoes, sweet potatoes or fruit

Simple. Balanced. Delicious.

FOR BUSY WEEKNIGHTS

Easy Mediterranean Meals

Rotisserie chicken + bagged salad + roasted vegetables

Salmon + broccoli + roasted baby potatoes

Greek salad + grilled chicken

Grain bowl with quinoa, chickpeas, vegetables and hummus

Egg scramble with spinach, tomatoes and avocado

Healthy eating doesn't have to be complicated.

NIKKI'S OFFICE LUNCH HACK

~~"What should I eat?"~~

"What can I ADD?"

Protein

Vegetables

Fiber

Healthy fats

Another color

Small upgrades create lasting habits.

Eat Mindfully

Pause. Take one deep breath.

Notice the colors. Smell the herbs.

Chew slowly. Put your fork down occasionally.

Enjoy the conversation.

Mindful eating improves satisfaction, digestion, and helps us reconnect with the joy of eating.

KEEP THIS ON YOUR FRIDGE

Nikki's Top 10 Nutrition Tips

- 1 Eat protein at every meal.
- 2 Fill half your plate with colorful vegetables.
- 3 Cook at home more often — even simple meals count.
- 4 Build meals around whole foods.
- 5 Include healthy fats like olive oil and avocado.
- 6 Frozen vegetables and fruit are just as nutritious as fresh.
- 7 Cook once, eat twice.
- 8 Focus on adding nutrients instead of restricting foods.
- 9 Stay hydrated. Add electrolytes when appropriate.
- 10 Consistency beats perfection.

STOCK YOUR KITCHEN

Nikki's 25 Mediterranean Pantry Staples

A well-stocked pantry makes healthy eating effortless.

HEALTHY FATS

- Extra virgin olive oil
- Avocado oil
- Olives
- Walnuts
- Almonds

PROTEIN

- Canned wild tuna
- Wild salmon
- Sardines
- Chickpeas
- Lentils
- White beans
- Eggs

WHOLE GRAINS

- Quinoa
- Brown rice
- Farro
- Oats

VEGETABLES & FRUIT

- Canned tomatoes
- Frozen spinach
- Frozen broccoli
- Garlic
- Lemons
- Onions

FLAVOR BUILDERS

- Tahini
- Fresh or dried herbs — oregano, basil, parsley, rosemary
- Spices — turmeric, cumin, paprika, cinnamon, black pepper

NIKKI'S PANTRY PHILOSOPHY

When your pantry is stocked with nourishing staples, healthy meals become the easiest choice — not the hardest.

THIS WEEK

Your Wellness Challenge

Choose **one** Mediterranean habit to practice this week:

- ☐ Cook one meal at home
- ☐ Add one extra vegetable every day
- ☐ Pack your lunch
- ☐ Try one new herb or spice
- ☐ Eat one meal without your phone
- ☐ Invite a friend or family member to cook with you

*Remember... healthy eating isn't about perfection.
It's about creating small, sustainable habits
that support your health for years to come.*

Thank you for spending the evening with us.

Nikki Ostrower

FOUNDER, NAO WELLNESS

"Helping people create healthier lives through realistic nutrition,
practical wellness, and meaningful experiences."



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