

HEALTHY TIPS

- Drink half your body weight in water.
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 - Don't be scared of fats. Think healthy fats like avocado.
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 - Don't drink your calories.
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 - Get plenty of sleep.
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 - Fiber rich foods will keep you full and regular. Think veggies, whole grains, and beans.
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 - Read nutrition labels.
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 - Start your day with lemon water.
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 - Experiment with different veggies. If you visit a farmer's market, ask them for prep tips.
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 - Reduce Sugar Intake.
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 - NEVER grocery shop on an empty stomach.
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