

STEP 1

WHY CHOOSE HEALTHY FOODS

Healthy foods provide the body with key nutrients and the energy to help you move daily.
Example: Cauliflower pie over macaroni pie.

STEP 2

BALANCE YOUR PLATE

Try new ways to add more vegetables at each meal. Aim for one cup non-starchy vegetables
Let food be your medicine!

STEP 3

GET MOVING

Healthy eating works best with daily physical activity to help manage your weight.
Get up and get moving!



MENU PLAN

Breakfast:

Scrambled eggs with spinach and tomatoes
Whole-grain toast
Avocado slices
Small orange

Morning Snack:

Apple with Peanut Butter

Lunch:

Grilled chicken salad with mixed greens, cucumbers, sweet peppers, and olive oil and lemon dressing
Quinoa

Afternoon Snack:

Greek yogurt (unsweetened) with a dried cranberries and pumpkin seeds

Dinner:

Baked salmon
Steamed Broccoli
Roasted Sweet Potatoes
Olive oil for roasting

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