



THE NUTE (NUTRITION) GURU IMPARTS WISDOM ABOUT THE IMPORTANCE OF NATURAL, WHOLE-FOODS NUTRITION FOR MIND/BODY WELLNESS.



How can I eat healthy when I am so busy with work, family & what little social life I have?



Whether you run a business or a busy family, your brain is working hard to help others rather than helping yourself. Here are 5 tips to make healthy eating easier & more stress-free

Optimize Your Mealtime

Every time you eat it's an opportunity to fuel your body. Make sure you properly fuel yourself up with superfoods like chia seeds, ground flax, hemp seeds & even coconut oil. Quick & easy snacks can be granola with flax seed, a smoothie with chia hemp seeds or simply add coconut oil to your coffee!

Select a Veggie

Not a fan of veggies? No worries, you can sneak them in where you can! You can blend them, juice them, eat them raw & even bake them! Add your

favorite seasoning to spice things up or dip raw veggies in hummus. Picking a veggie to go with your meal is a fabulous way to add whole-foods to your diet quickly & easily.

Eat Your Water

Yes, it is true that you need eight glasses of water a day but what happens when it's 8pm & you've had none? Simple, eat your water! By choosing foods like cucumbers, watermelon or lettuce you can literally eat your water. Choose to eat fresh fruit for breakfast or a snack & add water-rich veggies to your salad.

Make Happy Hour Even Happier

Happy Hour after work... no problem! Opt for cocktails made with fresh juice, sparkling water or lime. Staying in for happy hour... easy! Have fun making your own cocktail with herbal tea as a mixer; darker alcohols like whiskey or rum work great!

Breathe

Eating in a relaxed, present & loving state of mind will help your body assimilate the nutrients more efficiently. So, if you need to breathe a little more deeply, go have lunch in the park!

If your not eating healthy, you're more likely to operate at less-than-peak performance which may bring the whole juggling act crashing down.

PROJECT: PFC
Eat Well. Live Well (and Long).