Nutrition

1. Drink at Least 8 glasses of water/day

2 . Decrease Sodas and artificial sweeteners

3. Decrease Sweets and Fried foods.... grilling, baking, broiling are best ways to cook

4. "Better" grains - whole wheat bread & pasta, brown rice, sweet potatoes, oatmeal, gluten free options

5. "Better proteins" - chicken, turkey, eggs, fish, lean ground beef

6. Add vegetables - steamed, lightly sauted, baked, broiled, raw

7. PREPARE! Shop ahead for meals. Pack a lunch. Have a Meal Prep day!

8. Don't eat late at night. Try to be done eating at 7pm or earlier. If you get hungry, drink a glass of water.

\*\* If you make a mistake, don't fret, Tomorrow is a New Day!!! Start Over! Progress is often two steps forward and one step back. You're making baby steps and Improving!

\*\* Set Reasonable goals, it can take 2-4 weeks to see any changes.