

Best Life Food Principles

1. Eat whole foods (fruits & vegetables) whenever possible in their most raw form.
2. Drink half of your body weight in fluid ounces every day.
3. Eat as many meals at home as you can. Pack meals when you cannot eat at home.
4. Include dark leafy greens (spinach, kale, broccoli) at every meal.
5. Limit dairy and cheese to one serving a day.
6. Increase your intake of non animal proteins (beans, quinoa, farro, tofu, soybeans,nuts).
7. Drink water and sparkling water. Do not drink your calories (juice, frappucinos 300+ calories, alcohol . . .) Juice is mostly sugar.
8. Eat whole grains and do not eat processed bread or carbs.
9. Eat more seeds and nuts.

10.Eat a variety of foods. Eat the rainbow. Change up your fruits and vegetables each week. There is more than carrots , bananas, and apples.