

**So You Think
You're Healthy**

EAT CLEAN IN 2018

DO'S & DON'TS



STOCK UP

Incorporate weekly grocery shopping into your routine.



PACK A SACK

Stock your Travel Snack Sack with nonperishable items.



FOCUS ON FATS

Incorporate at least one source of quality fat with each meal.



FACTOR IN FERMENTS

Fermented foods feed the good bacteria in your gut. Up to 80% of your immune system is in your gut.



SAY CHEERS

Buy a reusable water bottle and keep it with you at all times.



REST & DIGEST

Most individuals benefit from at least 10 hours of fasting daily (much of this can be while you're sleeping).



WINDOW SHOP

Avoid fast food establishments.



GO EMPTY HANDED

Don't expect to find healthy options when out and about.



FEAR FAT

Quality fats reduce inflammation and increase fat burn.



FEED BAD BACTERIA

Bad bacteria thrives on sugar. Bad bacteria can increase disease risk.



DEHYDRATE

Avoid soda, juice, tea, energy and sweetened coffee drinks, and excess alcohol.



GRAZE ALL DAY

Eating all day long can be taxing on your digestive system and may reduce nutrient absorption.