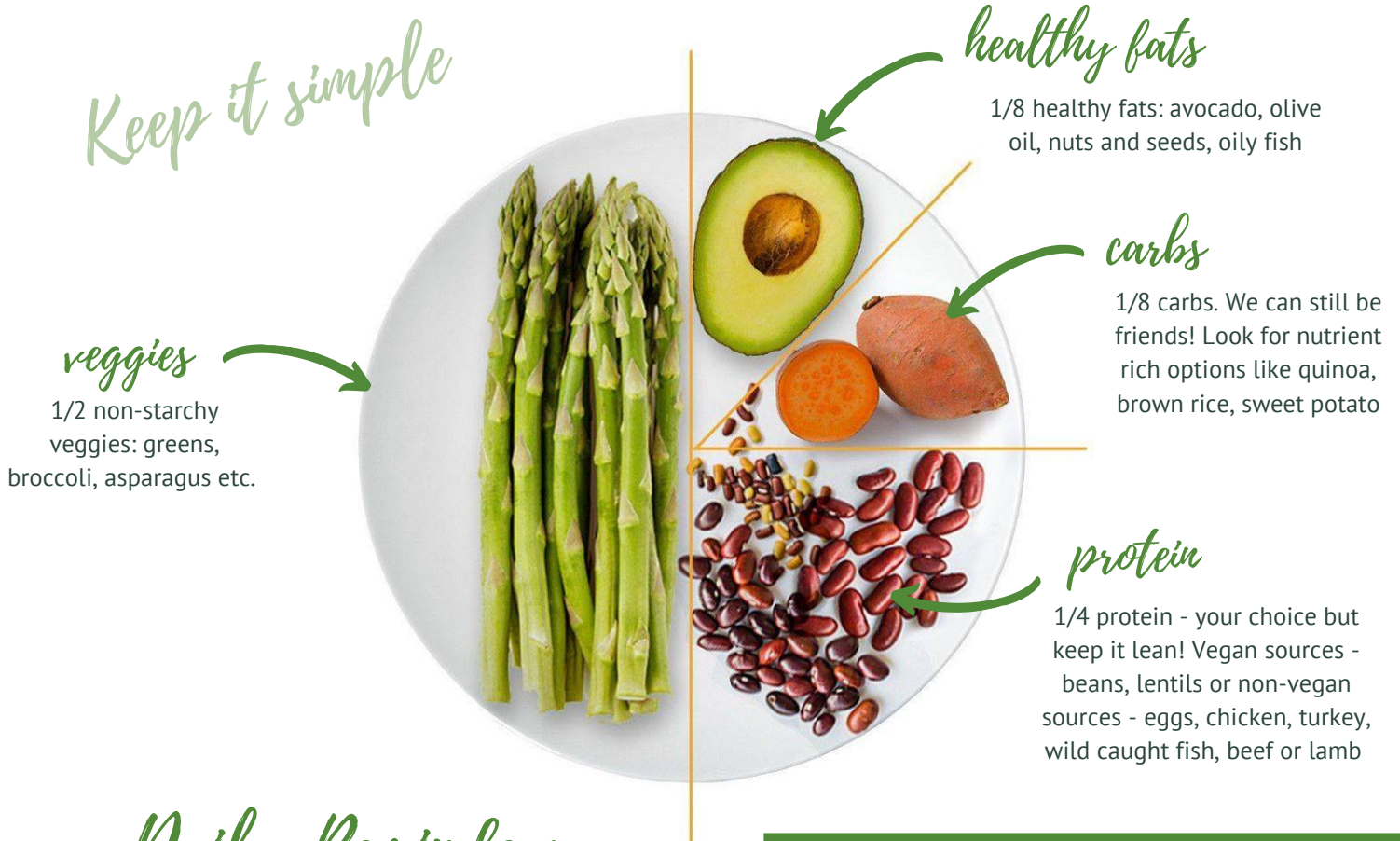


YOUR HEALTH IS IN YOUR HANDS



Keep it simple

veggies

1/2 non-starchy
veggies: greens,
broccoli, asparagus etc.

healthy fats

1/8 healthy fats: avocado, olive
oil, nuts and seeds, oily fish

carbs

1/8 carbs. We can still be
friends! Look for nutrient
rich options like quinoa,
brown rice, sweet potato

protein

1/4 protein - your choice but
keep it lean! Vegan sources -
beans, lentils or non-vegan
sources - eggs, chicken, turkey,
wild caught fish, beef or lamb

Daily Reminders

Eat for energy

- Eat breakfast
- Don't skip meals
- 5 veggies & 2 fruit every day
- Spread protein throughout the day
- Snack mindfully - fruit, veggie sticks & healthy dips or crackers, homemade granola bars, protein balls, raw nuts, boiled eggs, rice cakes with tomato, avocado
- Stay hydrated
- Eat more whole foods and avoid sugary snacks

Use a Meal Planner

- Stock your fridge/pantry with healthy options

Start with small changes

- Check... "hangry" or "hungry"? Try drinking a glass of water or change activities first
- Swap don't remove

Keep positive

- "I am grateful for my body. I want to treat it with love and respect"
- "I make positive healthy choices"
- "I love and honour my body"
- "I am filled with energy for all the daily activities in my life"
- "I feel good and my body feels good"
- "I practice new habits that bring health to my body"
- "I deserve to be healthy"
- "I am looking healthier and stronger every day"
- "I am mentally and physically healthy"

*it all starts with
your mindset*



healthy living made simple, easy and fun

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