

Everything You Need to Know to Eat Healthy and Thrive!

1. Eat REAL Food.
2. Read ingredient labels.
3. Stock your kitchen with the right staples.
4. Eat 8-10 fist-size servings of a variety of vegetables and fruits every day.
5. Roast a variety of vegetables multiple times every week.
6. Enjoy a flavor-loaded dark leafy green salad with a homemade dressing every day.
7. Make the healthy choice the easy choice.
8. Have a plan to cook meals at home - make them taste amazing.
9. Propel yourself out of processed food paradise.
10. Make it a priority - your health is worth it!

Love the foods that love you back.

Don't obsess about calories, fats and carbs.

Eat REAL Food and the nutrients will take care of themselves.

www.EatRealAmerica.com