

Top 8 Food & Nutrition Predictions for 2025

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High-fiber diets



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Plant-based proteins



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Affordable nutrition



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GLP-1 friendly foods



5

Continued focus on protein



6

Personalized nutrition



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Intermittent fasting



8

Eating for a healthy gut microbiome



Top Nutrition Guide

Marcel A. Müller



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remove chicken to cutting board shred with 2 forks and return to slow cooker stir in soup and cream cheese cover and cook
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delicious cook low and slow pour tomato mixture into the slow cooker over the beef chunks gently nudge them around so
they are surrounded in the sauce cook on high for 4 ish hours or low for 8 hours

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minutes transfer to the slow cooker and add the enchilada sauce sour cream and 1 4 cup water to the onion mixture and stir
to combine fold in the beans until thoroughly coated nestle the chicken in

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