

## HOW TO NAVIGATE SUMMER COOKOUTS

# CHECKLIST

- **DON'T SKIP MEALS OR SAVE CALORIES UP**
- **MAKE SURE YOU'RE EATING PROTEIN THROUGHOUT THE DAY**
- **MAKE YOUR LUNCH MEAL HAVE COLOR ON THE PLATE**
- **SURVEY THE SPREAD BEFORE FILLING YOUR PLATE**
- **KEEP UP WITH HYDRATION BEFORE AND DURING**
- **FILL HALF YOUR PLATE WITH COLOR**
- **EAT FROM A PLATE, NOT FROM THE SPREAD**
- **ASK TO BRING HOME LEFTOVERS**

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# Checklist Healthy Recipes

**Jianjun Gao**



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