

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**

@nourishedwithemily



Checklist Healthy Recipes

Michael Hoelscher



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Embark on a breathtaking journey through nature and adventure with Explore with is mesmerizing ebook, **Checklist Healthy Recipes** . This immersive experience, available for download in a PDF format (PDF Size: *), transports you to the heart of natural marvels and thrilling escapades. Download now and let the adventure begin!

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