

## 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 Brown**



**Checklist Healthy Recipes:**

Immerse yourself in heartwarming tales of love and emotion with its touching creation, **Checklist Healthy Recipes** . This emotionally charged ebook, available for download in a PDF format ( \*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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