

# HealthyLives



**Staples:** Vegetables, potatoes, fruit, eggs, fish & seafood, healthy fats, salt, herbs & spices, coffee & tea



Meat, poultry, legumes, soy



Cheese, yogurt, cream



Nuts & seeds, whole grains, rice, dark chocolate



Dried fruit, fruit juice, honey, condiments, alcohol (*1 glass*)



**Cheat only:** Processed potatoes & grains, seed oils, sugary snacks, milk, soft drinks, diet products





Walking: 30 minutes



Strength: 6 sets



Sprint: 3 all out sprints



Drink water: 5 big glasses



Exposure: 15 minutes (morning)



Fasting: from 8PM - noon



No phone: after 9PM



Sleep: in bed by 10:30PM



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