

# 5 SIMPLE WAYS TO IMPROVE YOUR DIET



## 1 EAT UNTIL YOU ARE SATISFIED

Stop eating when you're 80% full



## 2 WHOLE FOODS FIRST

Prioritize whole foods in your diet



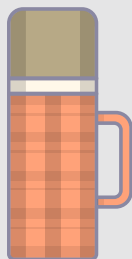
## 3 THINK MORE, NOT LESS

More veggies, lean protein, and whole foods



## 4 BALANCE EACH MEAL

Balance macronutrients at each meal and snack



## 5 STAY HYDRATED!

Fight fatigue and cravings by drinking plenty of water