

18 Rules for Healthy Organized Eating!



Home

- Confirm That There Are Enough Storage Glass Bowls In Different Sizes
- Determine That You Have The Correct Kitchen Gadgets...Pans, Blender, Steamer, Spiral Slicer, Jar Opener, etc.
- Store Dry Food Sealed In Jars In The Pantry
- Keep Healthy Spices On Hand
- Cook And Assemble Nutrient Rich Meals For the Week In Advance
- Create A Home Eating Routine, Eat At The Same Times Daily
- Drink Lots Of Water

- ❖ Remember To Get Enough Rest!!
- ❖ Focus on How Great You Feel And How Much Energy You Have



Away

- Bring Meals And Snacks To Work
- Drink Water On The Way To Work And On The Way Home
- Choose Food In Advance Before Going To A Restaurant
- Follow Normal Eating Routine Even On Vacation
- Bring Or Ship Your Own Food To Vacation Destination
- Verify Hotel Room Has A Frig And Microwave
- If You Are Staying In A Condo, Shop For Groceries, And Make Your Own Meals
- At Pot Lucks, Bring Something You Are Able To Eat
- Keep Emergency Snacks and Water In The Car