

DECONSTRUCTED

Keto, vegan, South Beach and more—so many diets to choose from! And when every year seems to bring another nutritional trend, dieting can feel overwhelming. Here are a few fundamental concepts that transcend fat-loss fads.

More Protein, Please!

The cornerstone of any functional diet plan is protein. Protein is the macronutrient of pure value. It helps your muscles recover after exercise, strengthens your immune system and keeps you feeling fuller for longer than simple carbohydrates or fats. Here are some great sources of protein for your diet:

Fish **White meat chicken**

Low-fat yogurt, milk & cheese

Beans **Lean beef**

Keep it Clean

Processed food products like chicken nuggets and deli meats are so saturated with unhealthy additives, they bear almost no nutritional resemblance to their unprocessed counterparts. **When deciding what to eat, always go for the closest you can get to your ingredients' natural state.**



Prep for Success

What are the most vital keys to accomplishing something? Having a plan and being prepared! That's where **batch cooking and meal prep** come in handy. Here's why:

Convenience Many people resort to fast food and take-out because they live busy, hectic lives without much time to cook. But if you can put aside just one evening per week to do all your cooking in advance, you'll find yourself with a fridge full of meals ready to eat on the go.

Investment Thoughts of delicious but unhealthy food can tempt our taste buds and sway us from our weight loss goals. But when you've already invested the time, energy and money into cooking your meals ahead of time, those temptations will hold less power over you.

