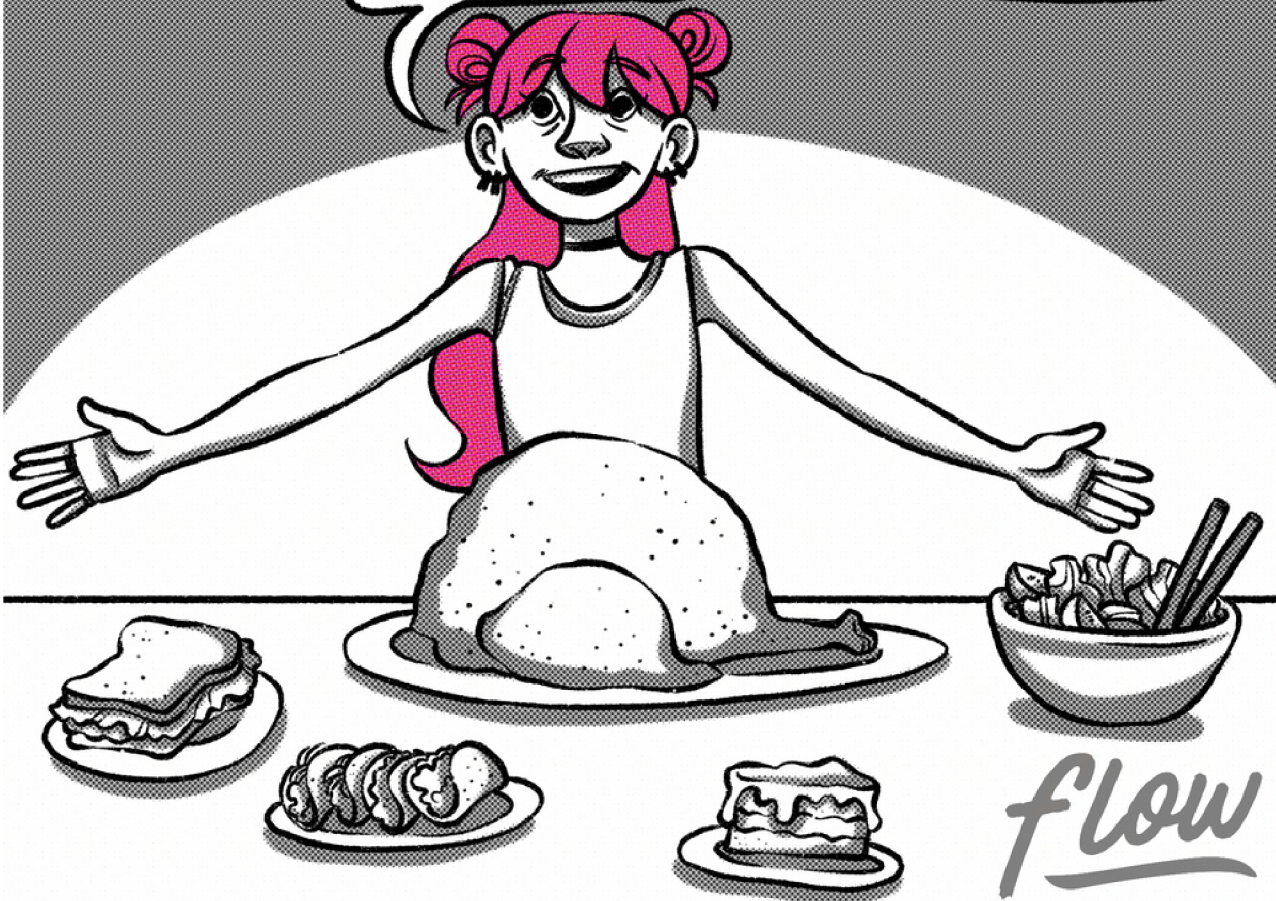


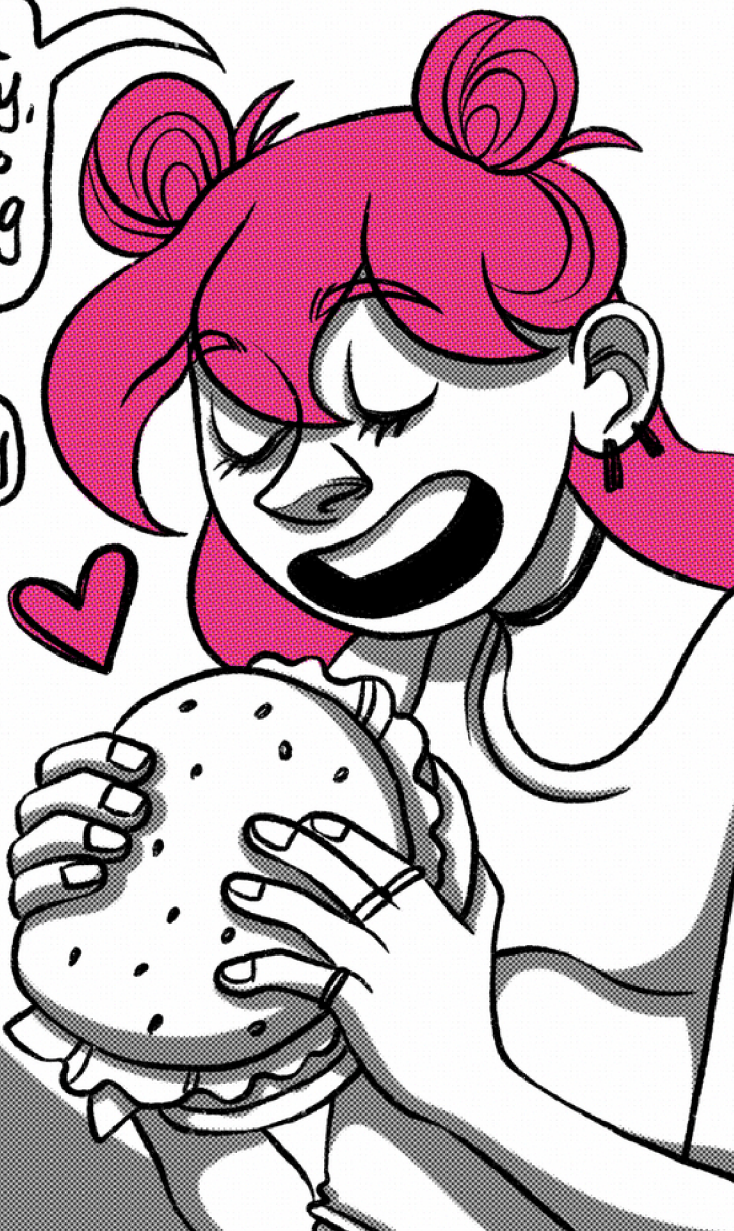
So. Eating healthy. Everyone and their mother has an opinion on how to do it. Diets, all that crap. Here at **FLOW LIFE SKILLZ** we've got some more **★chill★** guidelines to share.



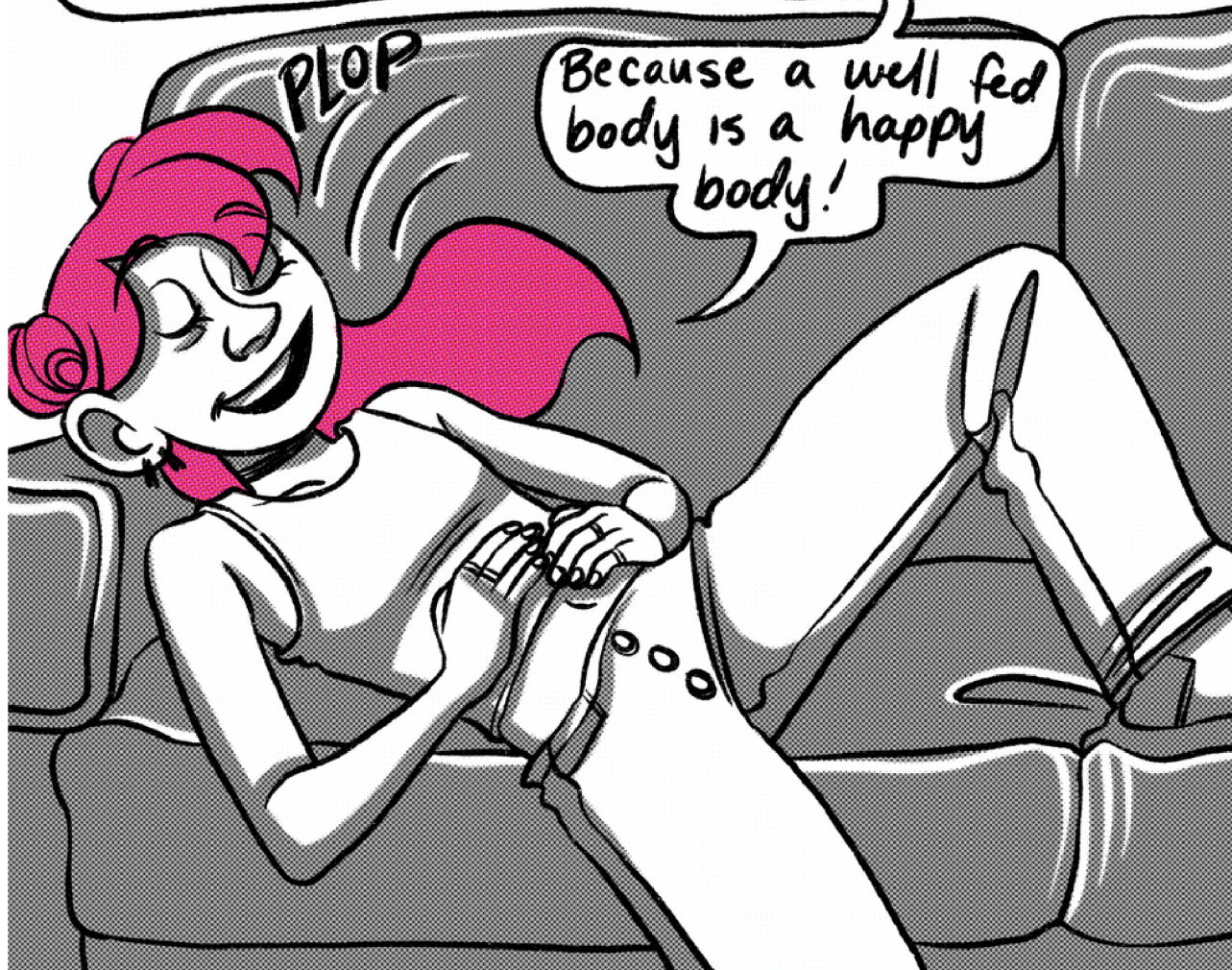
First of all, if you eat "badly" one day, you do NOT need to eat next to nothing after to "fix it."

In fact, that's actually worse for your body.

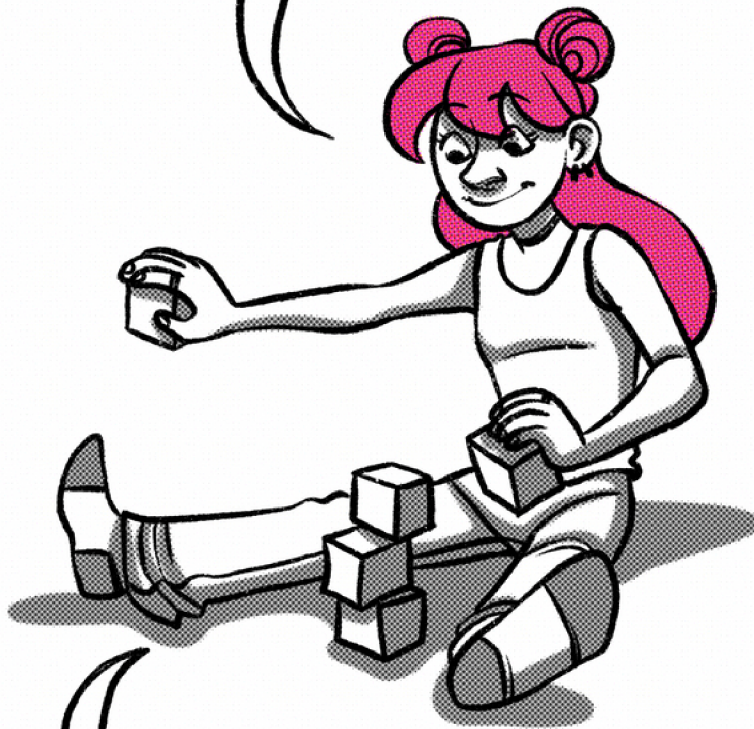
Ain't nothing wrong with a little treat every now + then!



As long as you don't have any allergies or specific medical reasons to, it's better to just stick to the basics.



Okay, so when you're thinking of how to build a healthy meal, it helps to think of it just like that:



Building blocks!!

You always want to have a healthy protein, some grains/carbs, and a good portion of veggies. Here's some examples of each that you could combine into a meal.

PROTEIN + **GRAIN/CARBS** + **VEGGIES**



=



(Nuts + fruits also make a great healthy snack to supplement throughout the day.)



Snacks that aren't as good for you are also cool! It's just all about moderation.

So instead of eating a whole bag of chips, pour yourself a small bowl of 'em.



There's no "one size fits all" way to eat healthy, and everyone's body is different.

The most important thing is to pay attention to how you feel + getting in those building blocks.

Happy munching!

