

Top 25 Healthy Lifestyle Tips backed by Science

Read all the detail [here](#)

Healthy Lifestyle Challenge


to a happy and healthy you

1. Follow a low carb eating plan including lots of low carb veg, good protein and good fats.
2. Include lots of low carb vegetables and fruit into your meals.
3. Handle cravings better by allowing yourself a cheat day.
4. Try out this [superfood](#) if you want to feel more relaxed, energized and healthy.
5. Track your progress to stay motivated by weighing or measuring yourself.
6. Avoid fruits with high carb and high sugar content like grapes, cherries and figs.
7. When shopping for food, make it a habit to quickly check food labels. Especially for the amount of sugar and carbs included.
8. Don't fall into the trap of so-called low-carb products without making sure it is the correct one.
9. Eat your last meal around seven to half past seven at night.
10. To boost metabolism and strengthen your immune system drink a cup of ginger tea after dinner.
11. Replace your morning coffee and milk with cinnamon tea or a [bulletproof coffee](#).
12. Eat slowly, without any distraction from TV or phone.



13. Try to exercise at least 3 times a week.
14. Complete a [detoxification](#) prior to making big diet and lifestyle changes.

7 Day Detox Plan

to a happy and healthy you

Grab yours Now!

15. It is recommended you do a detoxification 2 to 4 times a year.
16. Get enough sleep.
17. Drink more water to increase your weight loss.
18. It is best to eat 3 meals per day.
19. Beware of high sugar content in fruit juices and soft drinks.
20. Have a high protein breakfast.
21. Eat whole food, not processed food.
22. If weight loss is your main goal, or you just want to save some time preparing meals, replace one meal a day with a detoxifying smoothie.
23. Include [superfoods](#) to at least one meal a day.
24. Make time for [yourself](#).
25. Believe in yourself.

Remember to [save your spot in the 7 Day detox challenge](#). And grab all the great detox resources to guide you to being energized, happy and healthy. The first step towards a long-term healthy lifestyle.

