

25 HEALTHY LIFESTYLE TIPS *for busy moms*

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 body cleanse prior to making big diet and lifestyle changes.
15. Do the recommended body cleanse 2 to 4 times a year.
16. Get enough, good quality sleep.
17. Drink more water to increase your weight loss.
18. Try eating at least 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.
10. Make time for yourself.
11. Believe in yourself.

at first they'll ask you
WHY you're doing it
later they'll ask you
HOW you did it