[Nutritionist from America’s only Blue Zone reveals what she eats in a day (msn.com)](https://www.msn.com/en-in/money/topstories/nutritionist-from-america-s-only-blue-zone-reveals-what-she-eats-in-a-day/ar-BB1n1XMl?ocid=msedgntp&pc=LCTS&cvid=8538264eaa3247e0a63a2fecc59fa981&ei=28)