Here I am giving you some healthy recipes and telling you what food you should avoid to make your life better . To be healthy you have to eat meals with full nutrients ( full carbs ,fiber,sugar,fats,protein,vitamins and calcium) you have to eat 5 meals (breakfast,lunch,dinner,2snacks)I know you thought I was going to tell you don’t eat too much but that’s actually wrong ( you have to eat to give your body the energy to burn calories and do your tasks) but you must eat healthy food.

1. Breakfast
2. Lunch
3. Dinner
4. Snack & pre-workout and post-workout