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1 <!DOCTYPE html>
2 <!-- This website template was created by: Student's First Name Student's Last
   Name, Today's Date -->
3 <html lang="en">
4 <head>
5     <link rel="stylesheet" href="css/styles.css">
6     <title>Forward Fitness Club</title>
7     <meta charset="utf-8">
8     <meta name="viewport" content="width=device-width, initial-scale=1">
9 </head>
10 <body>
11
12     <div id="container">
13
14         <!-- Use the header area for the website name or logo -->
15         <header>
16             <a href="index.html"></a>
17         </header>
18
19         <!-- Use the nav area to add hyperlinks to other pages within the website -->
20         <nav>
21             <ul>
22                 <li><a href="index.html">Home</a></li>
23                 <li><a href="about.html">About Us</a></li>
24                 <li><a href="classes.html">Classes</a></li>
25                 <li><a href="nutrition.html">Nutrition</a></li>
26                 <li><a href="contact.html">Contact Us</a></li>
27             </ul>
28         </nav>
29
30         <!-- Nutrition Page Banner -->
31         <div id="banner" class="desktop">
32             
33         </div>
34
35         <!-- Use the main area to add the main content of the webpage -->
36         <main>
37
38             <article>
39                 <h2>Food for Thought</h2>
40                 
41                 <p>Good nutrition is a lifestyle, not a diet. It starts with a new way
                   of thinking about food. Think of your body as a vehicle that uses
                   food for fuel. Fill your tank with the right type of fuel.</p>
42                 <p>Do not approach your nutrition plan as a diet plan, but rather, a
                   lifestyle change. If you make a permanent change, you will see big
                   results. The key to success is a daily focus on your goal.</p>
43                 <p>Portion your meals and track your calories. There are many free
                   mobile apps available to help track your activity level and
                   calories.</p>
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44         <p>Control impulsive urges to buy junk food, and instead, allow
45         yourself to one "cheat" meal a week.</p>
46         <aside>Did you know the average American consumes 3 lbs of sugar each
47         week?</aside>
48     </article>
49     <article>
50     <h2>What to Eat</h2>
51     
52     <p>Use the following as a guideline:</p>
53     <ul>
54         <li>Protein, such as eggs, chicken, and lean red meat</li>
55         <li>Vegetables, but avoid corn and peas</li>
56         <li>Fruit</li>
57         <li>Fat, such as olive oil, nuts, and seeds</li>
58     </ul>
59     <p>Limit the consumption of bread, pasta, white potatoes, and
60     processed food. These foods are high in carbohydrates.</p>
61     <p>When you shop for groceries, shop the outside aisles and buy
62     organic when possible. Stock up on fresh vegetables, almond flour,
63     and flax seed.</p>
64     <p>Check out our Meal of the Week for new meal ideas.</p>
65     <aside>Did you know that avocados are a good source of Vitamin B?</
66     aside>
67 </article>
68
69 <article>
70 <h2>Meal of the Week</h2>
71 
73 <p>Herb Roasted Chicken</p>
74 <p>Ingredients:</p>
75 <ul>
76     <li>boneless, skinless chicken breast (organic preferred)</li>
77     <li>1 tsp Herbes de Provence</li>
78     <li>1 tsp lemon juice</li>
79     <li>1 tsp olive oil</li>
80     <li>1 tsp sea salt</li>
81     <li>&frac14; tsp pepper</li>
82 </ul>
83 <p>Instructions:<br>
84 Combine all ingredients in a plastic bag and marinate for at least an
85 hour. Preheat oven to 350 degrees. Bake chicken for 30-35 minutes or
86 until juices run clear. Broil on high for two minutes or until
87 brown. Serve with a fresh side salad.</p>
88 <aside>Did you know the average active adult should consume 2,000
89 calories a day?</aside>
90
91 </article>
92 </main>
93
94 <!-- Use the footer area to add webpage footer content -->

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85     <footer>
86         &copy; Copyright 2015. All Rights Reserved.<br>
87         <a href="mailto:forwardfitness@club.net">forwardfitness@club.net</a>
88     </footer>
89
90 </div>
91
92 </body>
93 </html>
```