

# "Eat Healthy & Stay Fit"

## ☞ Habits for better lifestyle

- Substitute your daily cup of coffee with a glass of fresh juice- it will bring a marked improvement over your health
- A breakfast is supposed to satiate your hunger for several hours don't skip it, so that you don't snack in between.
- Breakfast should contain more than average amount of protein. Choose egg whites or whole eggs



Be TUNED IN to know more.....

For more guidance & tips email to - [food@wellnessway4u.com](mailto:food@wellnessway4u.com)

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