Eating healthier: How to make sure you eat right during the work week

Carry healthy snacks

Plan and build a healthy routine by choosing healthier options like fruits, carrots, cucumbers, and nuts when it comes to your break-time snacks.
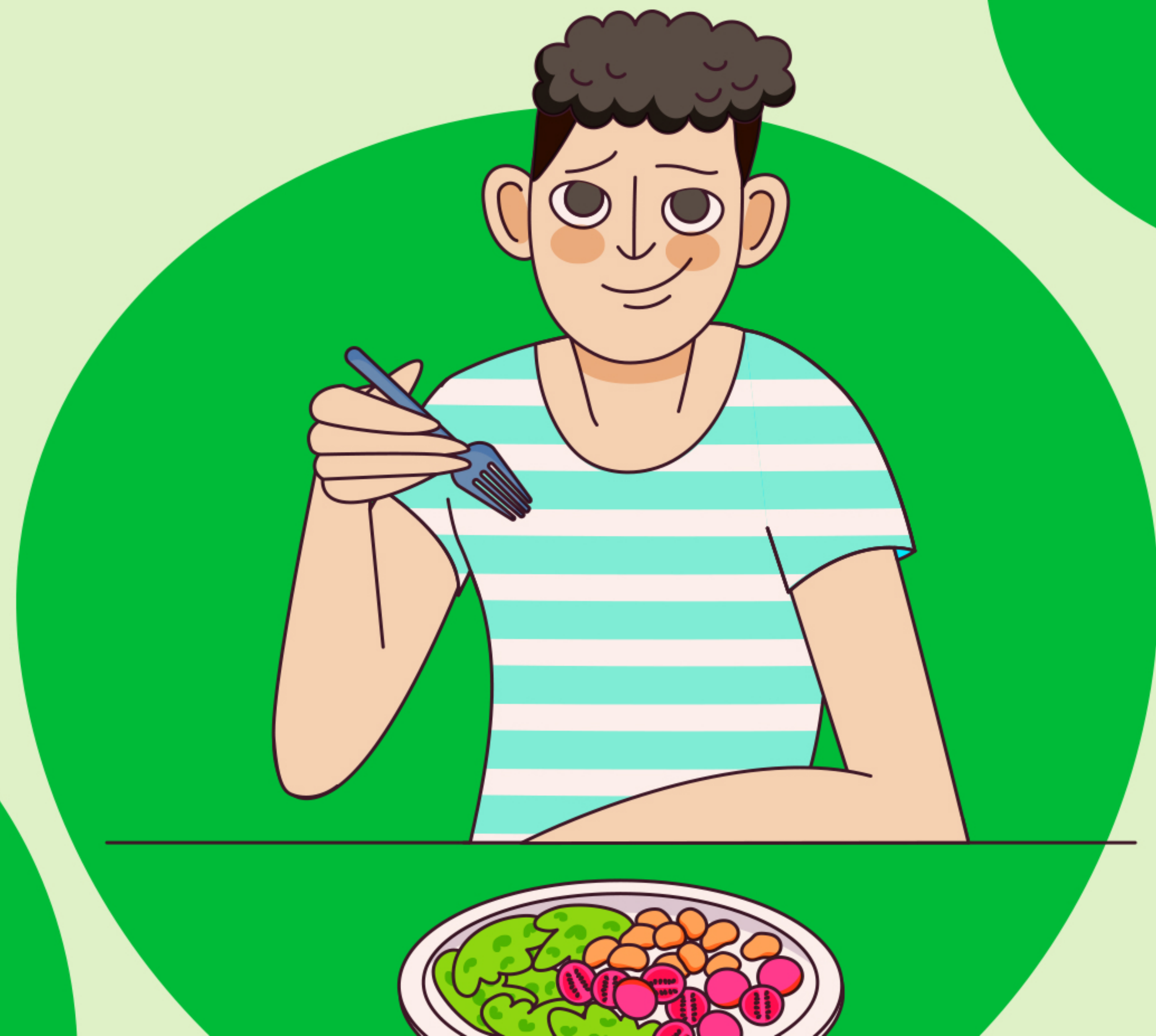
Choose the right drink

Cut down on fizzy drinks and coffee. Drink water, carry homemade soups few times a week, and drink green tea.

Have a protein-rich breakfast

Protein-rich foods like sprouts, eggs, nuts, and oats help kickstart your metabolism, and stop you from snacking by keeping you feeling full of longer.

Pack a healthy, balanced lunchbox

Always carry lunch. A lunch box with the right nutrients will help you stay focused as the day wears on.

Plan ahead

It's difficult to cook and prepare a meal when you're in a rush.
Making a weekly meal plan will help you prep certain ingredients a few days ahead will make it easy to throw it all together later.

Practice mindful eating

Breaking for lunch is necessary to work more efficiently. Avoid lunching at your desk, or multitasking while you eat. Eat mindfully to enjoy and stay energetic.

The Fuller Life

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www.TheFullerLife.com | 099809 30541 | ReachUs@TheFullerLife.com