

Use Healthy Ingredients in Recipes

- Add an additional fruit or veggie to your recipe.
- Replace fat foods with a healthy fat substitute like a mashed avocado
- Include healthy nuts, seeds, or mushrooms as substitutes
- Stir in vegan or a vegetarian protein powder
- Add an extra spoonful of supergreen powder to soups, vegetables, or even desserts.
- Try adding bone broth for extra protein
- Pack your meals with extra herbs and spices that are over-flowing with healthy compounds.
- Add power packed garlic, meat sticks, snack bars for flavor and nutrition.