



## 7 WAYS TO INTEGRATE HEALTHY INGREDIENTS INTO YOUR MEALS

You hear the latest buzzword “*eating clean*,” everywhere. “*Eating clean*” is a concept that stresses healthy, whole, unprocessed foods. This means the majority of your food should be fresh. The result? You will lose weight, feel energized and uplifted and make enormous gains to your health and wellbeing.

Here are some tips to I use in my daily life and share with my health coaching clients to help make small changes to integrate “*eating clean*” into their day-to-day meals.

My advice for these tips is to pick one to try per week or every two weeks. This will enable you to adjust the recommendations in a way that works for you. Once you are satisfied with the results, you will adopt it as a habit.



A great way to keep on track of your healthy changes or additions is to keep a checklist in your calendar so that every time you X during the day you can check it off. You’ll feel such accomplishment and reward after completing each task!

This approach to eating and living well maximizes your energy and optimizes your health, making it more than just a diet. It’s a lifestyle, with built-in flexibility, meaning it can be adapted to fit most any kind of routine.



It can be challenging to go at making these changes (and more) alone. As a health coach, I am here for you to be your partner in taking charge of your health, to recognize bad choices and teach you to make wise choices.

If one of your goals is weight loss, we don't focus solely on reducing calories or increasing exercise. Instead, I would use the principles of behavioral modification to help overcome the psychological barriers that keep you from achieving your goals on a daily basis. As my client, you need to be convinced that to really make permanent and positive changes in your life, you must commit to working toward living a healthier lifestyle today and tomorrow, which then becomes the rest of your life.



You don't know where to start?  
I can support you to be the healthiest version of YOU!

Schedule your free discovery chat with me <http://healthytude.org/free-consultation/>

*Yasmine Defouni- Certified Holistic Health Coach is founder of [HealthyTude](http://healthytude.org). I partner with women to support them to integrate healthy foods and habits into their daily life. By making these changes, I empower women to build a foundation of what works for them to reach optimum health. That means letting go of the weight, of the habits that are no longer serving them, and living with energy, clarity and their personal ideal of healthy!*

Are you curious about how health coaching can help you?  
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