

Make Waves



Make Waves In Your Daily Diet - Switch It Up!

Don't get bored with eating the same foods every day. Switch it up. You may discover a new flavor you never knew existed.

Add a splash of citrus: Lemons, limes, and oranges not only provide flavor but are a great source of nutrients. Add lime zest to your eggs, lemon zest to fish, and orange zest to muffins.

Add crunch: Perhaps a change in texture will make waves in your daily diet. Add sunflower or pumpkin seeds to yogurt or oatmeal. Toss in chia seeds and nuts when possible.

Add a boost of flavor: Reinvent current faves with herbs and spices – they add flavor without adding calories, fat, or salt. Add them to breakfast, lunch, and dinner. The benefits are amazing and so is the taste.