

Healthy Dinner Tips

It is almost the end of the day and practice is over and you are starving. Your teammates and friends are all meeting over at the local burger joint for some grub and you can't wait to get there. Does this sound familiar? It should as I am sure it happens every day all around the nation.

How can you make sound nutritional decisions in this situation? Substitute. Make some simple adjustments to what you would normally eat to add more healthy choices into your eating plan. Maybe instead of fried chicken on that sandwich, you substitute grilled chicken and add extra tomato and lettuce. Maybe instead of fries, you ask for fruit as a side or add in a small salad. Maybe instead of a soda, you grab a big cup of water. Simple choices that end with nutrients and satisfaction versus feeling guilty and terrible or sluggish later in the evening.

A good plan and smart decisions can make the difference between winning and losing. It can make the difference between losing a few pounds in time for summer or the extra weight under a loose shirt. Eat good, Feel Good. Contact us today, we can help.

