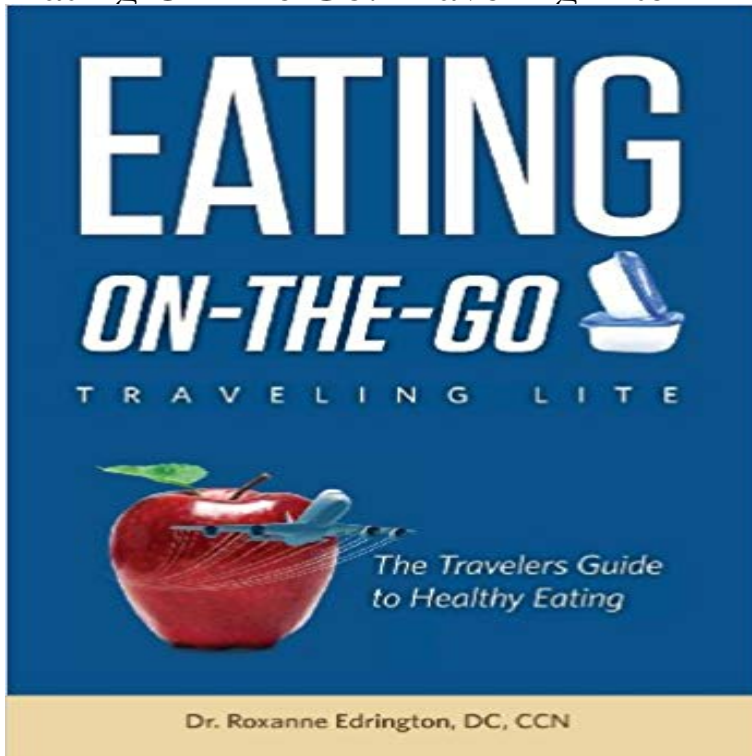


## Eating On The Go: Traveling Lite



Eating-on-the-go is a healthy lifestyle habit that is important to master! As a society weve come to rely on processed, convenient and on-the-go meals. By sacrificing nutrition for ease and accessibility, were ignoring the long-term consequences to our health. Many serious health issues are the result of poor choices made while eating-on-the-go. Some examples of these are high blood pressure, high cholesterol and diabetes. This is a huge problem and it is found all over the world! By learning how to make better food choices, we can potentially prevent or even reverse chronic illnesses from taking control of our life! In this book, I will teach you how to eat for success. Whether youre traveling on the road, eating at restaurants, eating in airports or staying in hotels, I will guide you on how to make better choices for your health. By following these principles, you will be able to make simple changes in your eating plan to be healthy and have more energy. People who have followed these basic guidelines feel fantastic!!

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