

## **6 PRO TIPS THAT WILL IMPROVE YOUR EATING HABITS IMMEDIATELY**

### **1. Protein & Plants: The Power Duo**

- **Prioritize Protein:** Focus on incorporating protein sources like lean meats, fish, egg whites or yogurt into most meals.
- **Plant Power:** Load up your plate with colourful fruits, vegetables & salads for essential vitamins, minerals, and fibre.

### **2. Use a meal plan or template**

- Set yourself up for success by pre-planning meals for the next few days.
- Utilise a pre-made template to streamline meal planning and save time.
- This helps by having less choices to make in the moment.

### **3. Embrace the "Repeat" button**

- Find your favourite healthy meals and rotate between them throughout the week.
- While sticking to familiar dishes, explore different spices and herbs to keep things interesting.
- By having go-to meals, you free up mental space and reduce decision fatigue.

### **4. Keep chopped & ready-to-eat vegetables in the fridge**

- Pre-chop and store vegetables in clear, airtight containers in the fridge.
- Keep on hand hummus, cottage cheese or yogurt to add protein and flavour to your vegetable sticks.

### **5. Keep the treats out of the house**

- Make it harder and more inconvenient to access the unhealthy treats.
- Set some boundaries: If you want treats, you need to leave the house to go and get them.
- Make the healthy choice the easy choice.
- Keep a colourful assortment of fresh fruits and high protein yogurt on hand.

### **6. Take food pictures of everything you consume that has calories into the ATE app**

- **Snap & Share:** Use the ATE app to take pictures of everything you eat and drink that has calories.
- Visual reminders provided by photos can help you stay mindful of your choices and portions.
- **Insights & Accountability:** Analyse trends and patterns in your eating habits to identify areas for improvement and to ensure you stay motivated.