



TOP HEALTHY FOODS TO EAT

HEALTHQUEST 365





TOP HEALTHY FOODS TO EAT

Getting a balanced diet is the easiest way to be healthier and stronger. It can help you lose weight, lower your blood pressure, and keep your skin healthy.

Curious about what to include in a healthy diet? Find out about all the health benefits of the healthiest foods below.

ACTIVITY SHEET

The Health Quest 365 Activity

Create a daily balanced diet routine. Use the checklist below to see which foods you need to add to your diet plan.

- | | | |
|-----------------------------------|---|---|
| <input type="checkbox"/> Carrots | <input type="checkbox"/> Apples | <input type="checkbox"/> Oats |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Bananas | <input type="checkbox"/> Brown rice |
| <input type="checkbox"/> Garlic | <input type="checkbox"/> Avocados | <input type="checkbox"/> Chicken |
| <input type="checkbox"/> Onions | <input type="checkbox"/> Strawberries | <input type="checkbox"/> Eggs |
| <input type="checkbox"/> Cucumber | <input type="checkbox"/> Macadamia nuts | <input type="checkbox"/> Salmon |
| <input type="checkbox"/> Kale | <input type="checkbox"/> Almonds | <input type="checkbox"/> Lean beef |
| <input type="checkbox"/> Oranges | <input type="checkbox"/> Chia seeds | <input type="checkbox"/> Extra virgin olive oil |

Write down other healthy foods that you want to include in your diet.

Outline your diet plan below. Detail the ingredients that you'll be using in each meal.

Sun	Mon	Tue	Wed	Thur	Fri	Sat





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