



Week Three

Do you find yourself reaching throughout the day for sugary snacks and processed foods? This week, we're diving into the transformative power of replacing some of our not-so-great-for-you-foods with healthier options.

You don't need to change out every snack in your pantry, but knowing what's going into your body is one of the first steps of effective weight loss. Instead of some of our go-to favourites, try a few easy replacements.

Remember - Small steps lead to big changes.

Unhealthy Foods	Healthier Alternatives
Potato Chips	Veggie sticks with hummus dip
Soda	Sparkling water with lemon or lime
White Bread	Whole grain bread or wraps
Sugary Cereal	Oatmeal with fresh fruit
Candy	Fresh fruit or a small handful of nuts
Fried Chicken	Grilled or baked chicken breast
Ice Cream	Greek yogurt with berries
Processed Lunch Meat	Sliced turkey or chicken breast
Cookies	Homemade energy balls or granola bars
Pizza	Homemade pizza with whole wheat crust and loaded with veggies

