

Healthier Eating Tips

by Annie Barrett, health coach, founder of 10 Weeks to Vibrant Living



- **Eat 2-3 times a day** at roughly the same times during daylight hours.
- **Make lunch the main meal of the day.** This is when your digestive capacity is at its peak.
- **Enjoy a plant based diet.** Maximize nutrient dense plant food and minimize processed and animal based foods.
- **Eat what's fresh in your area.** Think seasonal and local.
- **Up your veggies and eat your greens.** This is the easiest way to detox daily.
- **Avoid snacking between meals.** Instead drink water and herbal tea.
- **Eat an earlier, lighter dinner** for optimal energy and weight.
- **Sit down and enjoy your meal.** Savor the flavors.
- **Relax a bit after eating, then move or walk to facilitate digestion.**
- **Allow 13 hours between dinner and breakfast.** This optimizes digestion, helps balance weight and reduces inflammation.

Annie Barrett is an educator, health coach and yoga teacher dedicated to vibrant and soulful living. She has been helping people up-level their lives since 2000. Her programs and courses based on habit change science, wellness, Ayurveda and yoga, assist individuals in developing daily habits for health and happiness.



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