

The importance of diet

- Ingredients
 - Fresh, seasonal, local
 - Natural not processed
 - “Rainbow” of fruit/vegetables
- Think about your body – give it what it needs
- Keep a food diary – time, quantities, feeling – identify a pattern


The video thumbnail background is a close-up photograph of a variety of fresh fruits, including green grapes, red strawberries, yellow pineapple chunks, and blueberries, arranged in a basket.

BUSINESS GROWTH VIDEO

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Liz Murphy

I Cook You Serve

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