



***“I’M EATING
HEALTHY BUT
I STILL FEEL
LIKE CRAP!”***

Are you doing everything right but
still have low energy &
not getting results you want?

Check out these tips!

SHARON FAST, RD //
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01 // ADEQUATE PROTEIN

Examine your meals to see if there is adequate protein present. Protein plays a role in keeping blood sugars stable. Stable blood sugars mean consistent energy through the day!



02 // FAT AS ENERGY

Make sure you have fat present in the foods you eat. No low-fat or zero-percent fat products. Your body can efficiently use fat as a source of energy. It is more satisfying and will keep you from feeling hungry for a much longer time than carbohydrates.



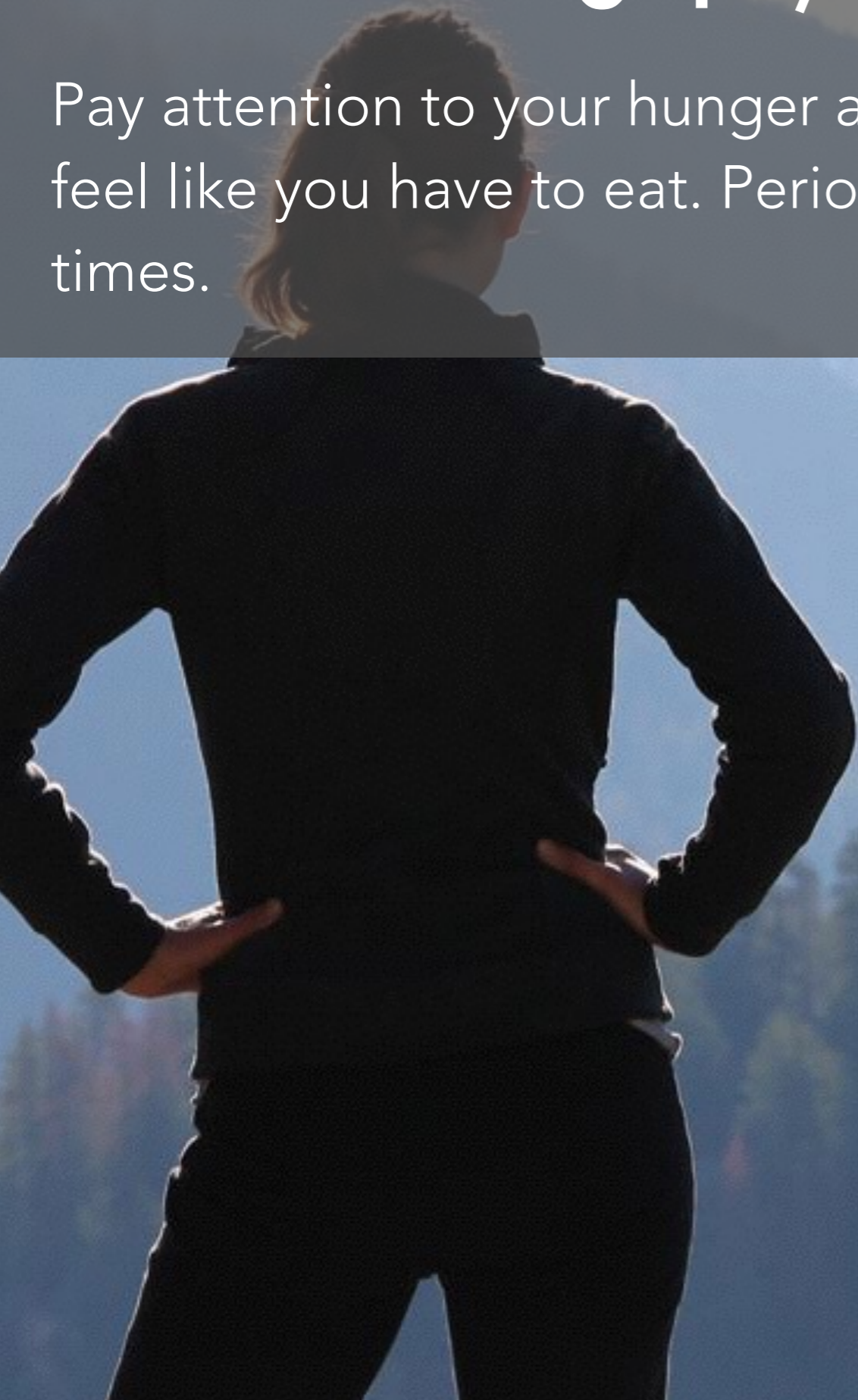
03 // AVOID PROCESSED "HEALTH FOODS"

Avoid processed "health foods". Don't get sucked into the marketing of processed foods as healthy choices. Read the labels of anything you are consuming. Real food is always a better choice, as it will nourish you the best.



04 // LISTEN

Pay attention to your hunger and satiety cues. If you are not hungry don't feel like you have to eat. Periods of fasting are powerful fat burning times.





Do you want to learn more about how to maximize your health?

Contact Sharon to schedule a complimentary 15-minute session today!

BOOK YOUR SESSION WITH
SHARON FAST AT
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