

Simple Health Reset

Everyday Food, Nutrition & Healthy Living

Healthy living doesn't need to be complicated. This guide brings you back to basics with simple systems you can use every day.

Healthy Salad System

50% vegetables + 25% protein + 25% carbs + healthy fats = balanced nutrition.

Energy Salad: Chicken + avocado + greens + olive oil

Fresh Reset: Tomato + cucumber + greens + lemon

Protein Bowl: Tuna + eggs + spinach

Balanced Bowl: Rice + vegetables + chicken

Mediterranean: Tomato + cucumber + olives + feta

Healthy Snack Ideas

Greek yogurt + berries

Nuts (almonds, cashews)

Boiled eggs

Fruit (banana, apple)

Wholegrain toast + avocado

Protein smoothie

Simple Health Tips

Drink water first thing in the morning

Prepare snacks in advance

Avoid overthinking food choices

Stay consistent, not perfect

7-Day Simple Eating Plan

Day 1: Chicken salad + fruit snack

Day 2: Tuna bowl + yogurt

Day 3: Eggs on toast + nuts

Day 4: Quinoa salad + smoothie

Day 5: Chicken + veg + rice

Day 6: Mediterranean salad + fruit

Day 7: Light mix of all above

Simple Shopping List

Chicken, tuna, eggs

Lettuce, spinach, cucumber, tomato

Rice, quinoa, wholegrain bread

Avocado, olive oil

Fruit (bananas, berries)

Nuts, yogurt

Final Message

Keep it simple, eat better, move more, and stay consistent. That's the real formula for long-term health.