

‘NUTRITIONAL TIPS’

THE HUNGRY SHOPPER

Time is running out to complete last-minute holiday shopping. Before you race to the mall, be sure to pencil meals into your day’s plan.

A full day of shopping can tire anyone out, and can lead to skimpy meals or no meal at all when you get home. Before you leave the house, get dinner started in a slow cooker.

Try recipes that include meat or poultry with chopped fresh or frozen vegetables, seasoned with herbs and spices, canned soup, gravy or wine and broth.

Round out your slow cooker meal with a salad or fresh fruit and whole-grain bread or rolls.

When you get home, your stomach will thank you for preparing dinner ahead of time.

If you go shopping on an empty stomach, hunger talking to your subconscious, you will likely become an ‘Impulse Shopper’ and that means more ‘Junk Food’!

Buy right! Eat right!

Look better!

Feel better!

**“Welcome Aboard!”
“Enjoy The Ride!”**

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