

## Power Full Food Instagram Posts



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powerfullithaca **Tips to build a more Power Full meal** 

🥦 Add lean protein like beef, pork, chicken, turkey, eggs, nuts, beans, or tofu.

🥦 Avoid extra fat. Measure your olive oil and try adding lemon or broth for flavor.

🥦 A colorful plate is a healthy plate! Add in those fruits & veggies.

🥦 Drink water or tea with your meal. Avoid the added sugar in juice and soda.

If this was helpful, like and SAVE this post!  #wellnesswednesday



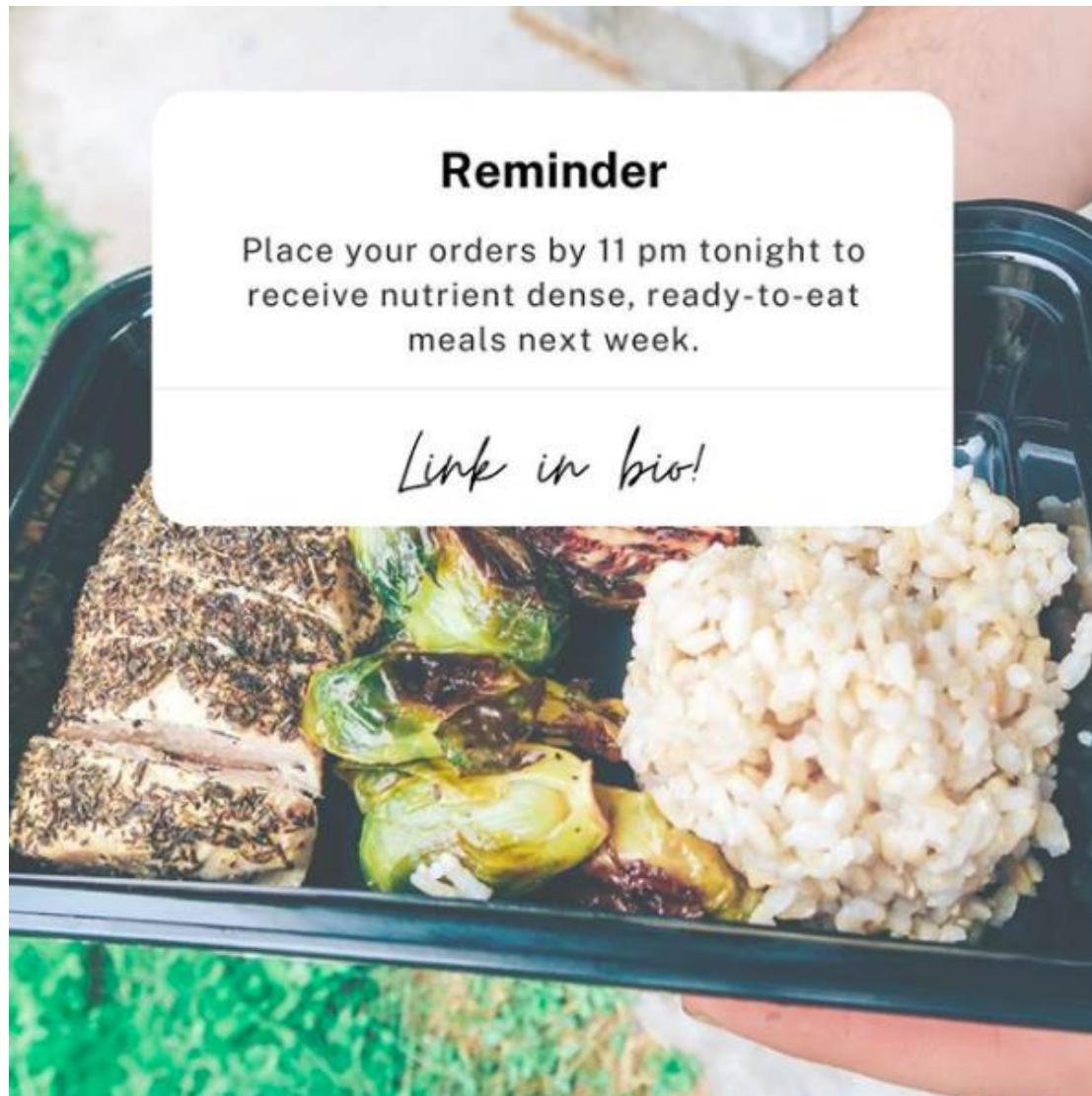
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powerfullithaca Today is the day! 🍀

You don't want to miss next week's chef prepared meals with only the finest ingredients. 🍀

#mealprep #healthyfood  
#cleaneatingrecipe #healthylifestyle  
#cleaneating #healthyeating  
#mealprepping #mealdelivery  
#mealplans #mealprepideas  
#instafood #gym #dinner  
#mealplanning #notdietbutlifestyle  
#fitfamilylife #fitmom #fitmama  
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powerfullithaca Eating well is never something we regret, but sometimes life gets in the way. Good news is, we are here to help.  
#wellnesswednesday

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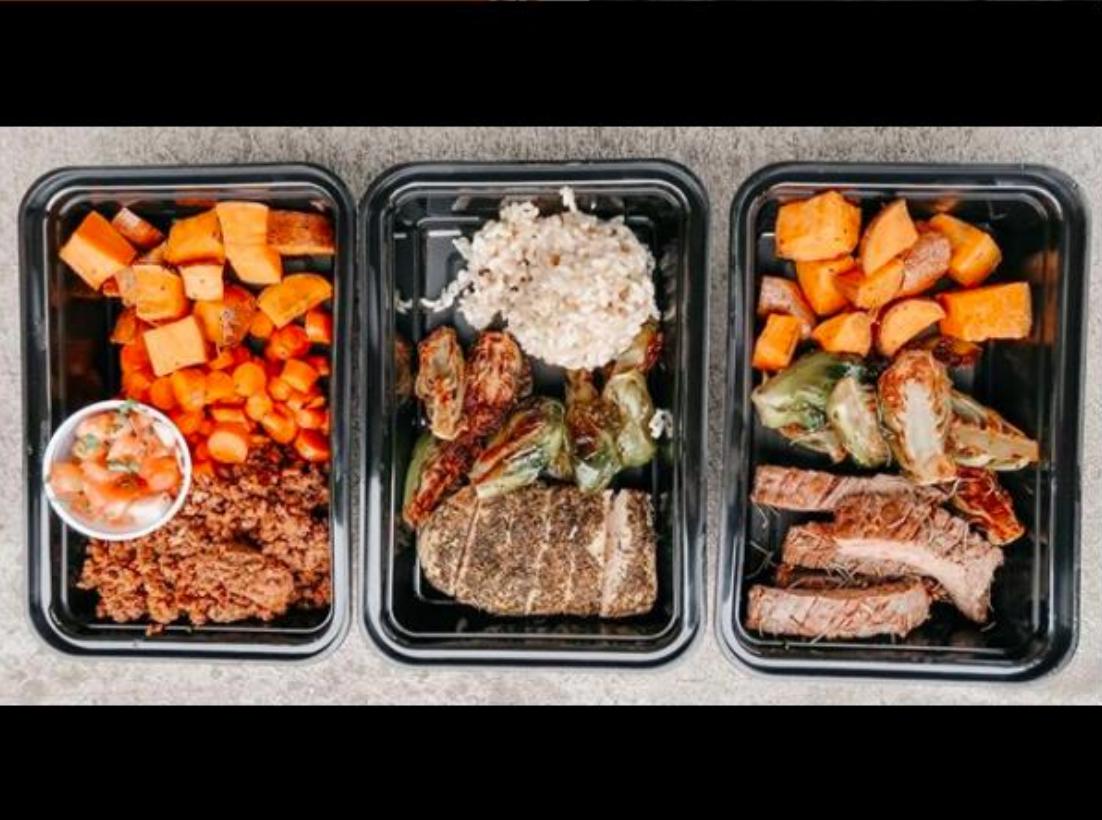
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Ithaca, New York

powerfullithaca WARNING: ! The side effects of not having to meal prep are happiness, more time, and increased energy. What do you plan on doing today with your extra time?

#mealprep #healthyfood #cleaneatingrecipe #healthylifestyle

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