



From the Desk of Ian D Scofield

Client requested an article on healthy tips for very busy people. They requested an article with around 800 words. It was delivered early and received a five-star rating from the client.

Title: Top 7 Healthy Eating Tips for Very Busy People

Time To Delivery: 1 Days

Date Delivered: 18 April 2015

Word Count: 820

In today's day and age we are often finding ourselves busier than ever. The population of Earth is much larger than it has been and we spend more time stuck behind our fellow human beings in traffic and lines. With how busy we are the allure of fast food restaurants and microwavable meals is strong. We all want to be able to eat right away without having to prepare anything. We need to do better though and eat healthier. In this article you will find the top 7 healthy eating tips for people that are very busy.

1. Plan Your Food Out Ahead of Time

The first step to eating healthier when you are busy is to plan your food out in advance. Decide on a day which you can sit down for fifteen minutes and plan out your meals for the week. This is usually best done on the same day every week and on a day that you have off. This may sound like it will take more time but in the long run it will save you time because you already know what you are going to eat and you won't have to spend hours trying to decide what to buy.

2. Prepare Meals Ahead Of Time

Whenever you are not going to be at home make meals that you can bring with you. For example if you are working tomorrow make the meal the night before. It doesn't have to be a fancy meal but by making it the night before you are prepared if something were to happen the morning of work. You will have no excuse to run into a fast food location. If you are the kind of person who often leaves your lunch at home by accident try clipping your lunch bag to your other work bags so that you just have to remember one bag.

3. Mistakes Happen, Be Prepared

As mentioned above we have all forgotten our meal at home by accident or dropped our food, accidents happen. Sometimes we have unplanned meetings or additions to our shifts. When this happens we find ourselves unprepared food wise and end up going with unhealthy, quick alternatives. To prevent this make sure that your car, and office space if possible, is stocked with

several food bars or meal replacement bars. These should be of a healthy brand and not a candy bar.

4. Snack Healthy

Most of us are tempted to snack during the day and it is okay to let into this temptation in moderation. The safe way to snack is to ensure that you have the right kinds of snacks.

Vegetables offer great snacks that are healthy and in most cases the most you will have to do to prepare them is cut them up. Other great options are nuts and yogurt. Nuts have high protein to help the body and unless they are salted do not have a major downside. Yogurt is another source of protein and no preparation is needed, the only problem is that it has to remain cold. Beef Jerky, when low on salt, also operates as a high protein snack and is great because it doesn't need any treatment.

5. Avoid Other People During Lunch

When it comes to be lunch time at work avoid your coworkers. If you eat with your coworkers you are more likely to be tempted by their meals. Avoiding cravings for your coworkers food will help keep you on your meal schedule. It is okay to explain to your friends and coworkers that you are trying to eat healthier. You may end up with someone who wants to make the go together. Making the go with someone else is much easier as you have someone to talk to when you are tempted to eat unhealthy foods.

6. Remove Temptation

Just like with seeing your coworkers eating you can be tempted by seeing food in your home that isn't healthy. If you have food that isn't healthy such as desserts donate them or get rid of them before you start your healthy eating plan. This will make it much easier for you to stay on track and eat healthier. You won't constantly have that hidden snack nagging at the back of your mind. Replace any temptations with healthier options so that you do not just go out and buy the same tempting foods again.

7. If Unavoidable Make Smart Choices

If it is unavoidable to go out to a restaurant or fast food location make smart choices. Meetings with the boss and coworkers at restaurants happen to some of us. When you are left with no other choice but to order food as to not offend anyone make sure you make healthy choices. Choose healthy foods such as salads and leaner cuts of meat. Items like butter and sauce should be avoided.