

Riyo from
Unicorn Club

Healthy Food

Recipe and Meal Plan

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Why is eating healthy food important?



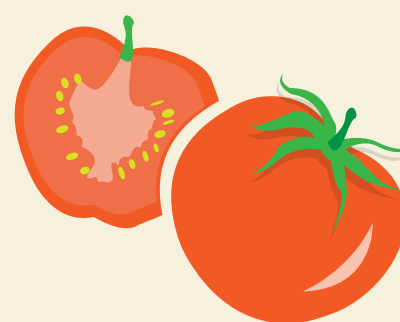
Tips for Selecting and Preparing Healthy Food



Healthy daily menu

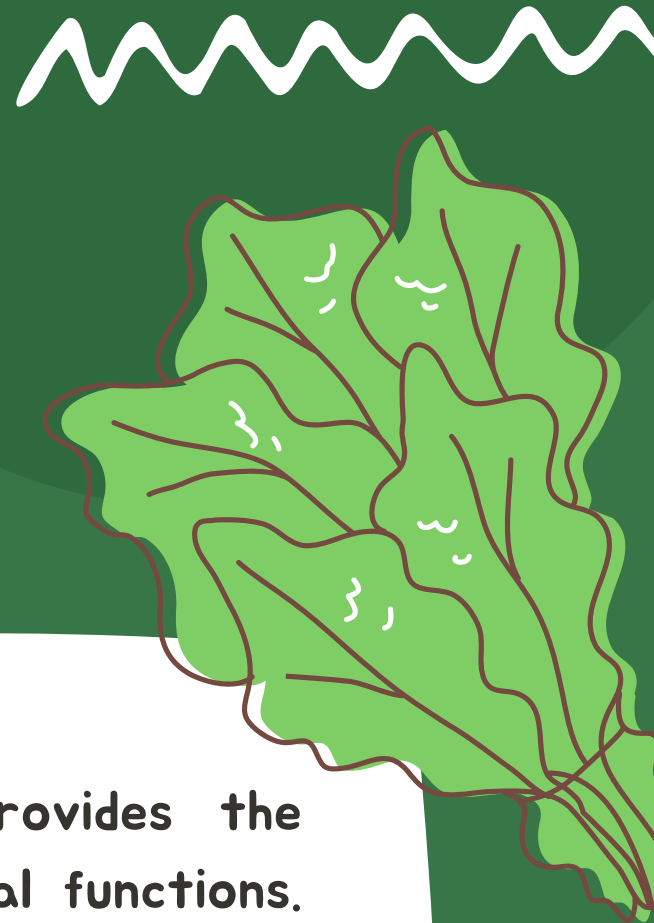


Healthy food components



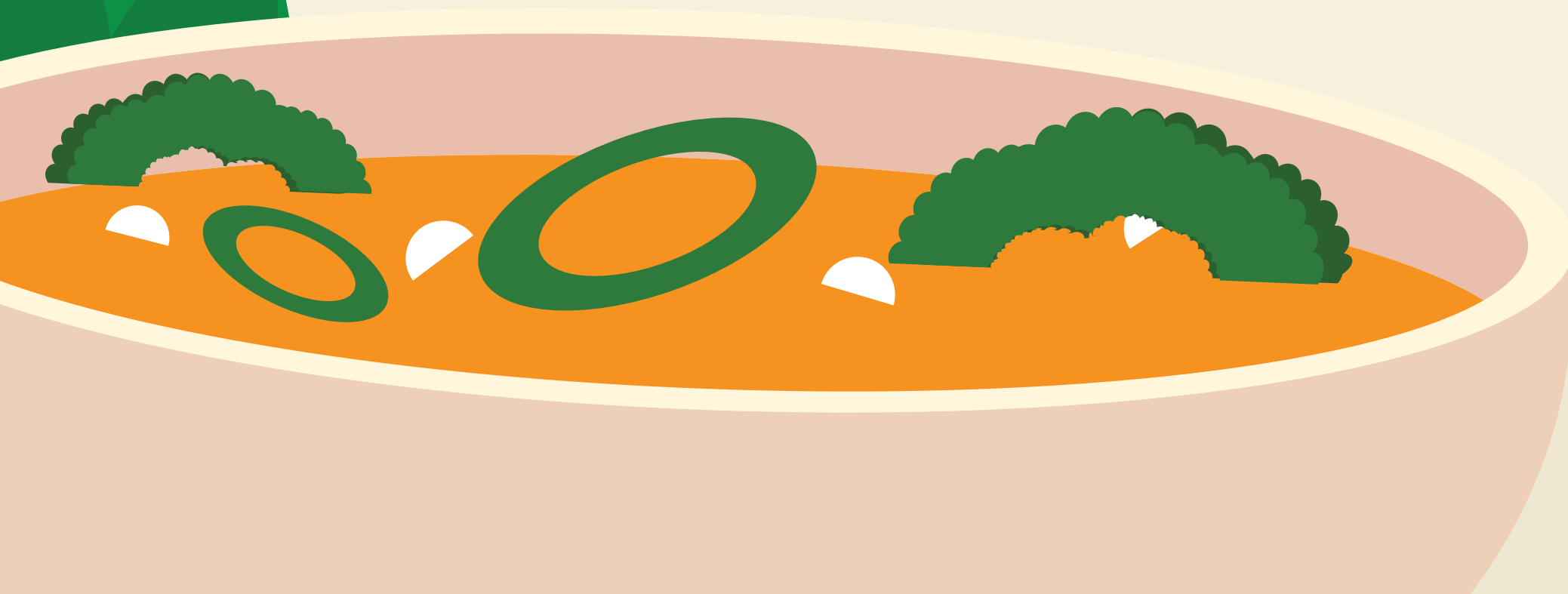
Why is eating healthy food important?

Eating healthy foods is important because it provides the nutrients the body needs to carry out its essential functions. These nutrients include vitamins, minerals, protein, healthy fats and complex carbohydrates. Healthy foods support cell growth and repair, maintain energy balance, and can improve the immune system. Healthy foods can also play a role in maintaining mental balance and providing stable energy throughout the day. By choosing foods wisely, we can play an active role in maintaining the health and well-being of our bodies.



Healthy food components

Healthy food components consist of various nutrients that the body needs to carry out its important functions. Some of the main components include:



Fat

Fiber

Water

Protein

Carbohydrates

Vitamins &
Minerals





Healthy Daily Menu



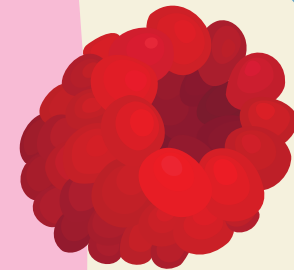
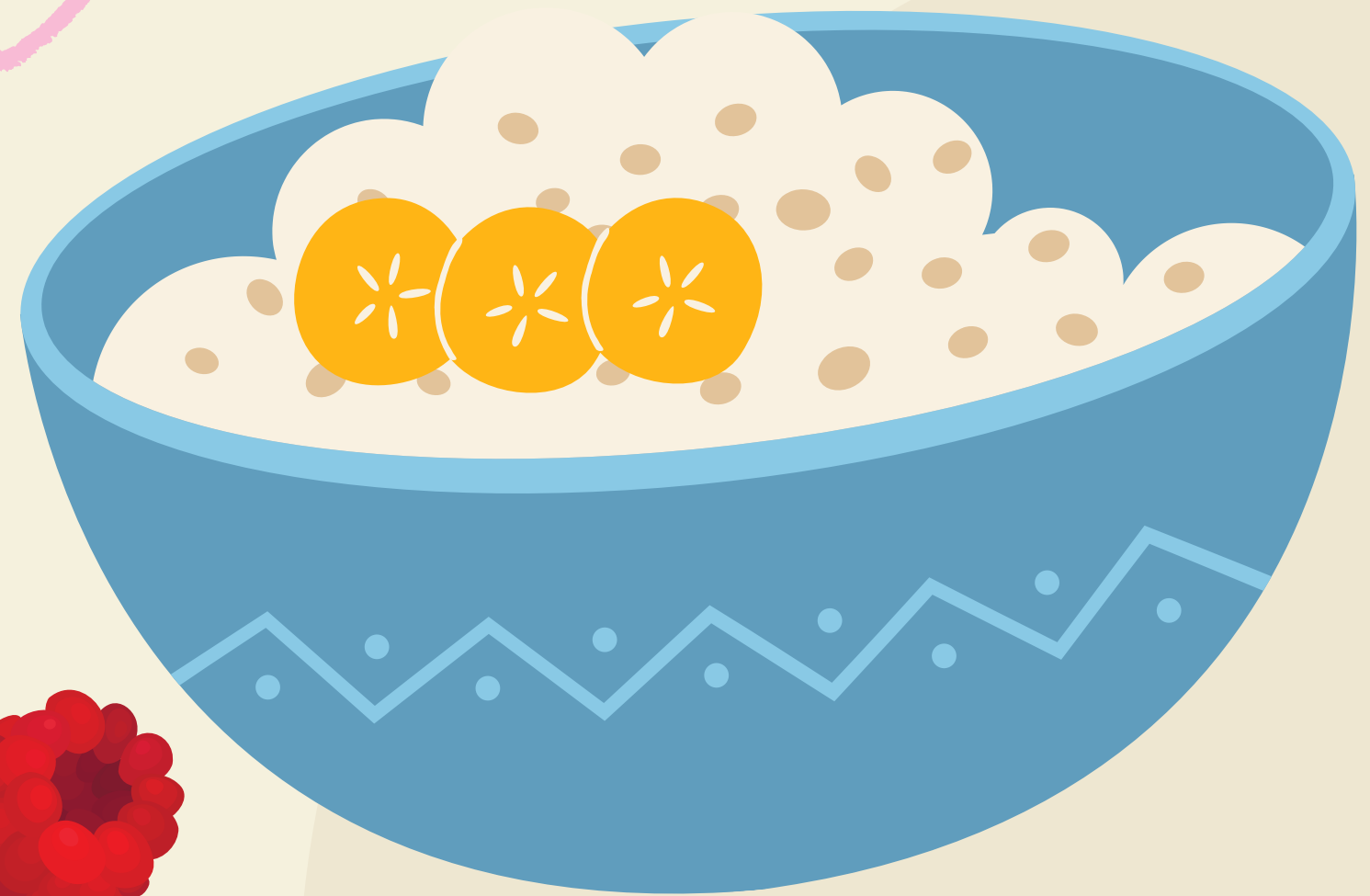


Healthy Daily Menu

Breakfast



- A bowl of oatmeal with pieces of fresh fruit (for example banana or strawberry).
- A glass of water and chia seed or flex seed.



An illustration for a healthy lunch menu. It features a white plate with a piece of grilled salmon, a mound of brown rice, a bunch of green broccoli, and three slices of orange. In the foreground, a large blue bowl is filled with a vegetable salad containing tomatoes, cucumbers, onions, carrots, and chickpeas. A hand is shown holding a black fork over the salad. To the left, a woman with blonde hair in a ponytail, wearing a red shirt with a green heart, is eating. A pink lava lamp is positioned between the plates. The background is a dark green with decorative white wavy lines and two yellow heart outlines.

Healthy Daily Menu

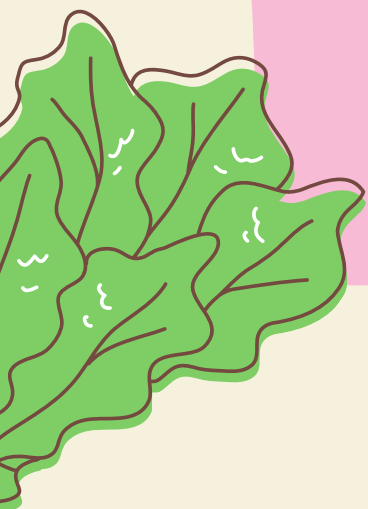
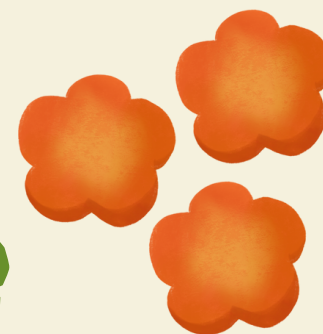
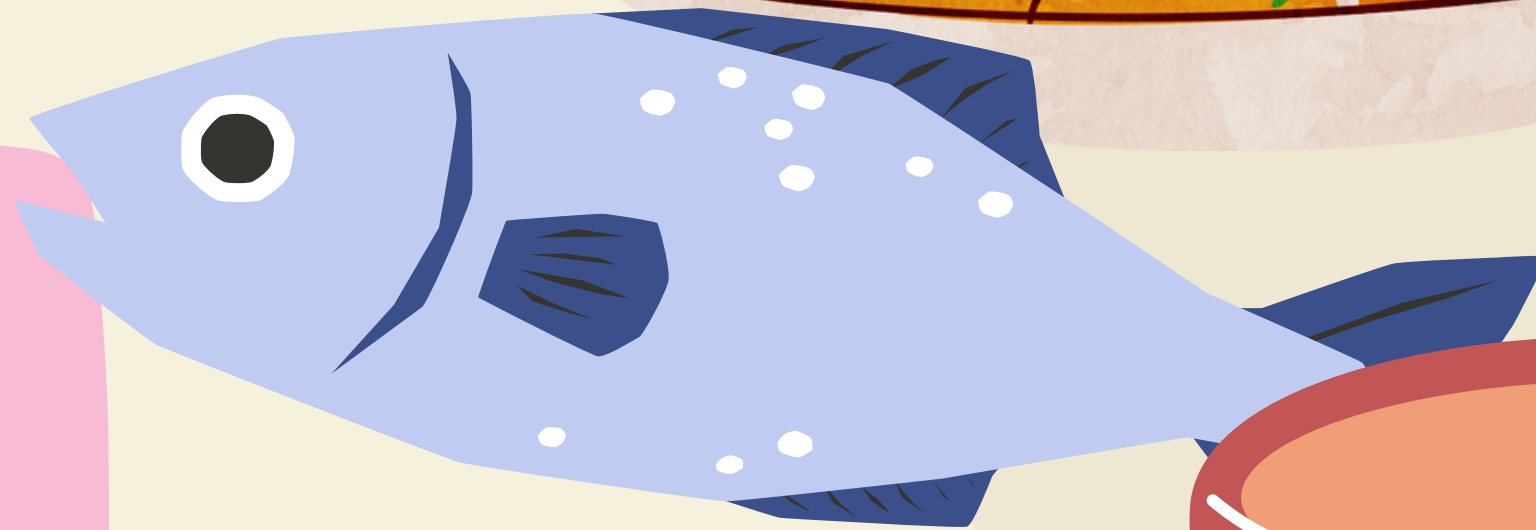
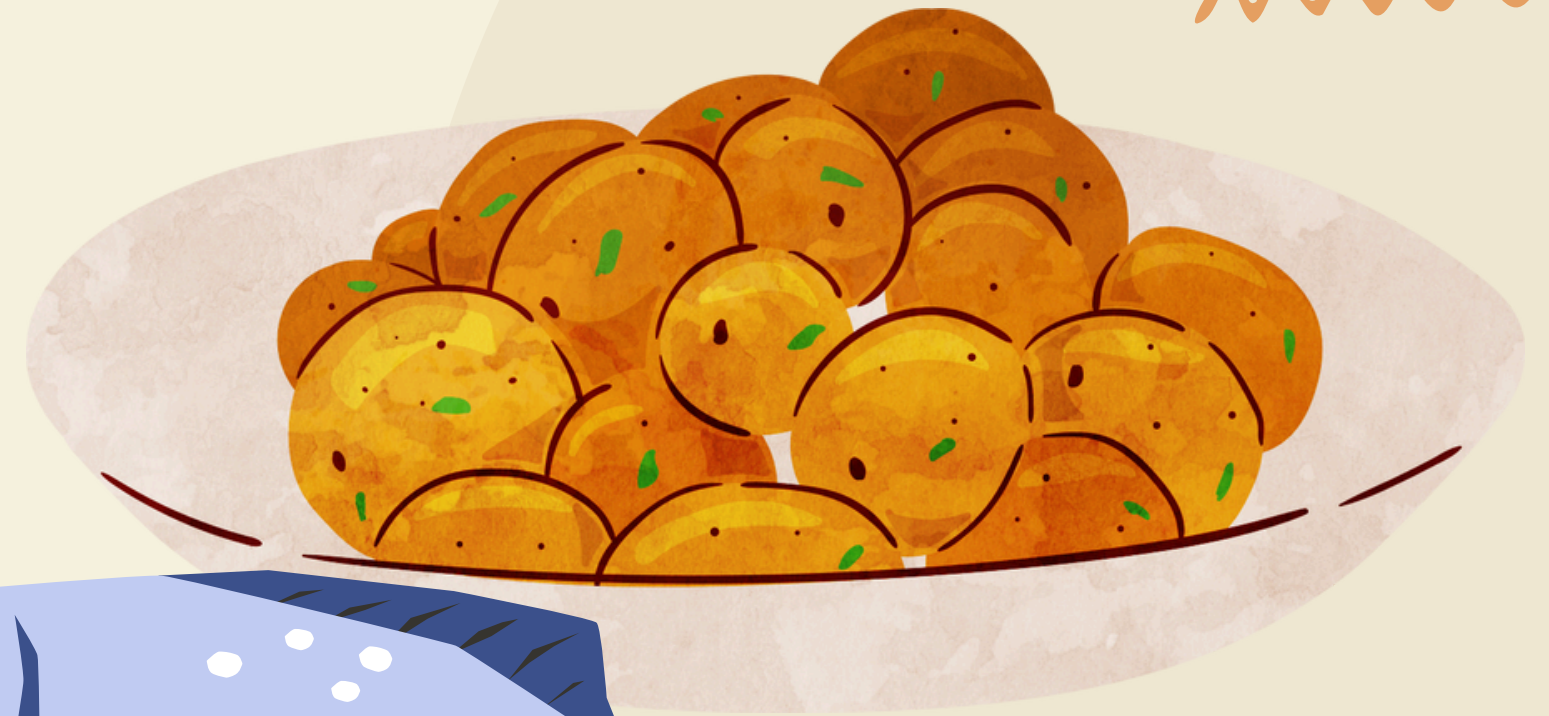
Lunch

- Mix vegetable salad with tomatoes, lettuce, avocado, cucumber, onions, and carrots.
- One portion of grilled chicken or tofu as a source of protein
- A glass of water.

Healthy Daily Menu

Dinner

- Grilled fish and miso soup as a source of protein.
- Steamed veggies (broccoli, roasted sweet potatoes, carrots, peas) with small cup of grain.
- A glass of water or green tea (herbal tea) without sugar





Tips for Selecting and Preparing Healthy Food

Pay Attention to Nutrition Labels

Choose Healthy Cooking Methods

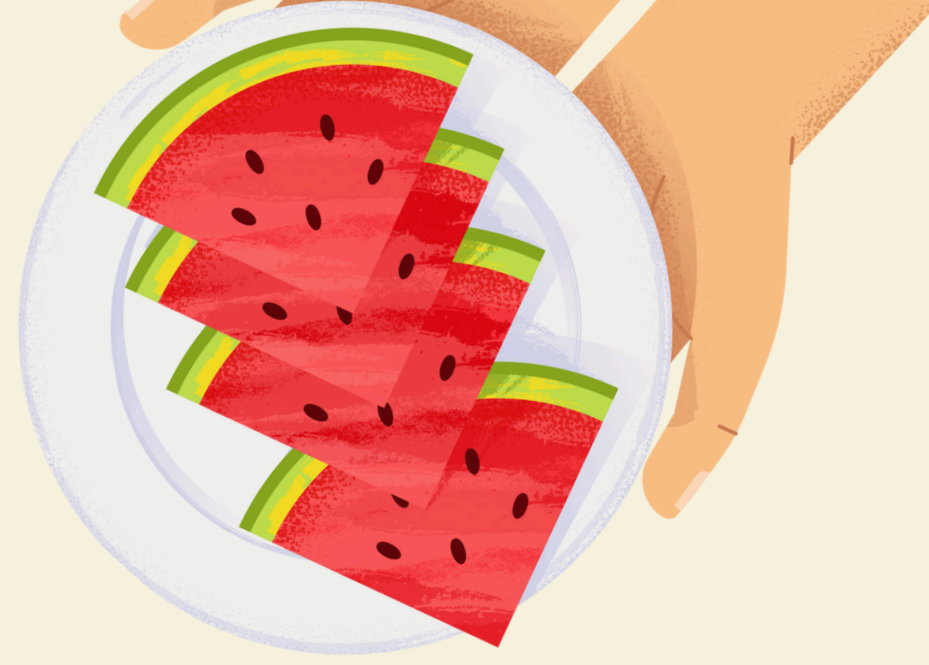
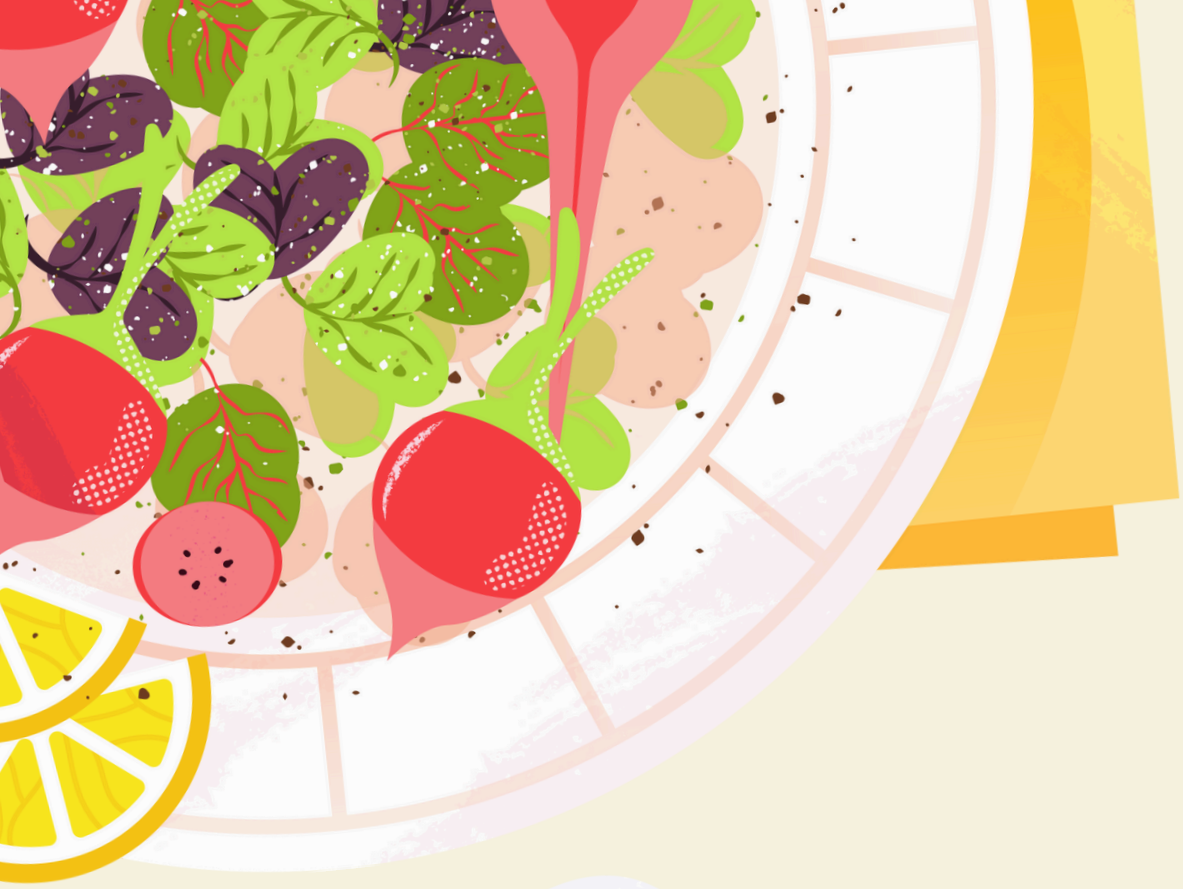
Choose Fresh Foods

Pay attention to the color of vegetables and fruit

Choose Healthy Oil, Sauce, and Dressing

Cook at Home!





Riyo from
Unicorn Club



THANK YOU

Do you have any questions?

Contact [AngelsJapan.com](https://angelsjapan.com)

Ask for Coach Riyo

Riyo from Unicorn Club

