# My daily routine...food!!

*16th May 2020*

*Adapted from http://nourishflourishnutrition.co.uk/my-daily-routine/*

Like most women I _____ **(have)** suffered from body image issues in the past, but you know what, it's unhealthy to try and achieve what is not achievable.

So how _____ I _____ **(achieve)** this balance in my own life?

My day always _____ **(start)** off with a workout in the morning. I always do a home workout video, normally strength training as I _____ **(walk)** later. I find that exercise really _____ **(get)** me energised for the day ahead.

So what _____ my breakfast _____ **(look like)**?

I love oats...I struggle to have a breakfast that _____ **(not consist)** of oats. I _____ **(make)** pancakes some mornings. Savoury breakfasts _____ **(be not)** my thing at all but my only advice for breakfast _____ **(be)** avoid processed breakfast cereals as they _____ **(be)** full of sugar.

Do I snack?

I _____ **(not feel)** the need to, but I sometimes enjoy some chocolate.

My lunch _____ **(be)** always simple...normally consists of leftover veggies, I like to make sure that I _____ **(include)** lots of veggies in all my meals. Dinner is all about flavour, colour and vegetables.

My daily eating routine _____ **(be not)** complicated, it's balanced. The Food we eat _____ **(have)** such an impact on our moods, health and feelings.

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