



CUT  HERE

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To eat is a necessity but to eat intelligently is an art.

- LA ROCHEFOUCAULD

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You don't have to cook fancy or complicated masterpieces - just good food from fresh ingredients.

- JULIA CHILD

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There is no diet that will do what healthy eating does. Skip the diet. Just eat healthy.

- AUTHOR UNKNOWN

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If you keep good food in your fridge, you will eat good food.

- ERRICK MCADAMS

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There's a moment when you realise that it's not about anyone else any more. It's all about you and your happiness. Get healthy for you!

- AUTHOR UNKNOWN

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Healthy citizens are the greatest asset any country can have.

- WINSTON CHURCHILL

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Everybody is a genius but if you judge a fish by its ability to climb a tree, it will spend its whole life believing that it is stupid.

- ALBERT EINSTEIN

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Every job is a self-portrait of the person who does it. Autograph your work with excellence.

- AUTHOR UNKNOWN



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You can't change where you come from. You can change where you are going.

- ANON

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Life is like a bicycle. In order to keep your balance you must keep moving.

- ALBERT EINSTEIN

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If it doesn't challenge you it doesn't change you.

- FRED DEVITO

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If you really want to do something you'll find a way. If you don't, you'll find an excuse.

- JIM ROHN

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Eat well. Move daily. Hydrate often. Sleep lots. Love your body. Repeat for life.

- AUTHOR UNKNOWN

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When in doubt, take the next small step.

- AUTHOR UNKNOWN

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You have to get up every morning and tell yourself "I can do this".

- AUTHOR UNKNOWN

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You don't stop playing because you get old. You get old because you stop playing.

- AUTHOR UNKNOWN