

VITALITY NUTRITION SYSTEM

Understand the nutrients we eat, how the body uses them, and how they can impact health, disease, and performance.



TIPS & STRATEGIES



IDENTIFY YOUR STRENGTHS AND WEAKNESSES

Know your strengths, weaknesses, and preferences so you can build the right strategy.



KNOW YOUR STARTING POINT AND YOUR GOALS

Track your intake so you have a clear starting point then set realistic goals for yourself.



CLEAN OUT

Remove any and all foods that you don't want in your diet. Out of sight out of mind.



EAT REAL AND WHOLE FOODS

Eat more whole foods in their most natural form. Reduce consumption of processed foods and added sugars.



BUILD A GROCERY LIST AND SHOP SMART

Create a grocery list so you have a plan. Read the labels and shop for the best option for your plan.