ARBUZA

HEALTHY PLATE

LIVE CONSCIOUSLY

BALANCE PRIMARY FOODS

WATER

VEGETABLES

WHOLE GRAINS

FINANCE

SELF CARE

HEALTHY PROTEINS

FRUITS

GOOD FATS

DAIRY

JOY

CAREER

RELATIONSHIPS

WITH PURPOSE

Greater the variety - the better

Eat variety and limit refined

Eat plenty- seasonal and colored

Choose organic meats preferably ones low in fat

Nuts, good oils Add ghee in small amounts

Consume in small amounts if you prefer