

Power Full Food Instagram Posts



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Ithaca, New York



powerfullithaca Tips to build a more Power Full meal

Add lean protein like beef, pork, chicken, turkey, eggs, nuts, beans, or tofu.

Avoid extra fat. Measure your olive oil and try adding lemon or broth for flavor.

A colorful plate is a healthy plate! Add in those fruits & veggies.

Drink water or tea with your meal. Avoid the added sugar in juice and soda.

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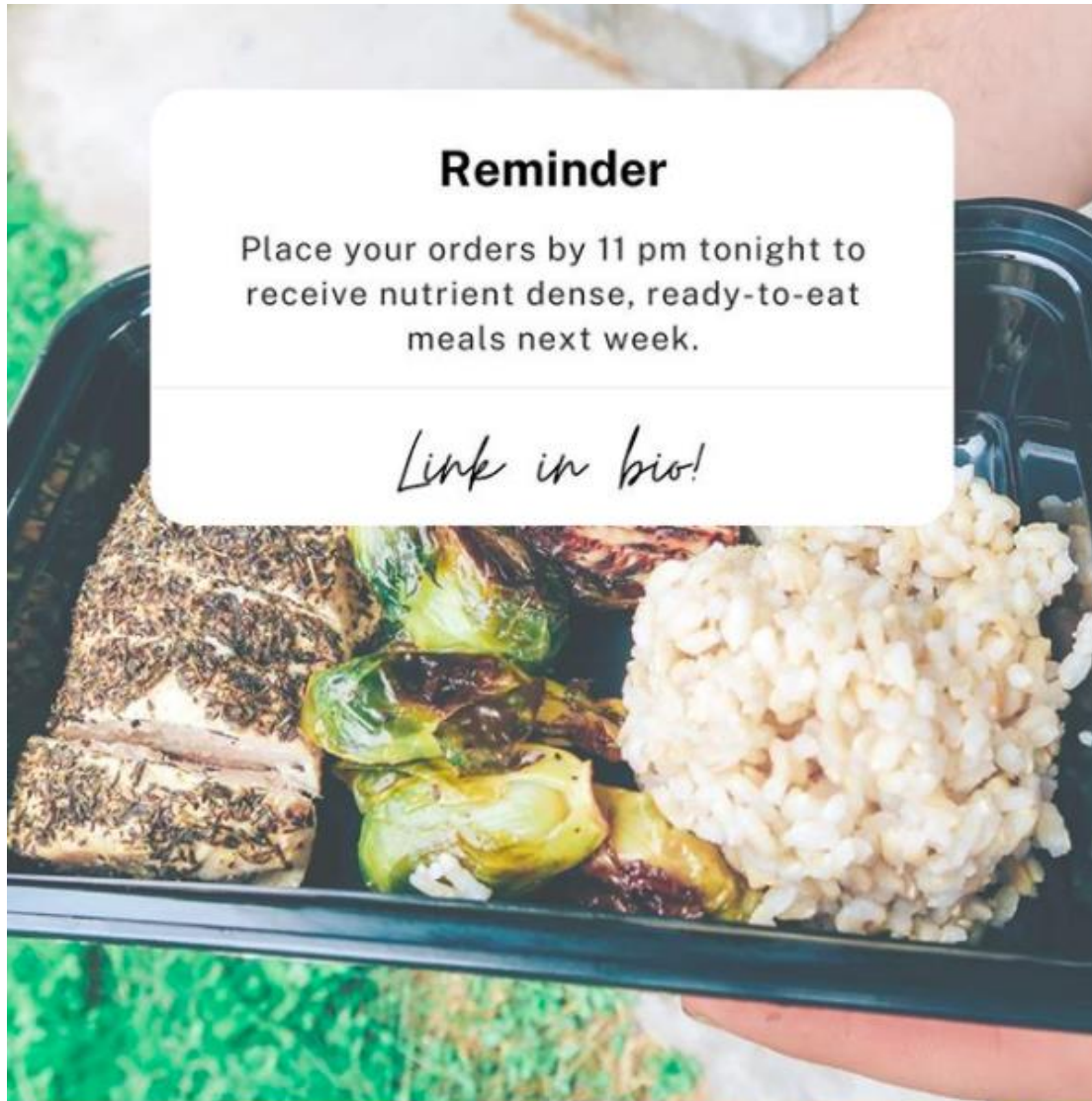
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powerfullithaca Today is the day! 🍴

You don't want to miss next week's chef prepared meals with only the finest ingredients. 🍴

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powerfullithaca Eating well is never something we regret, but sometimes life gets in the way. Good news is, we are here to help.

[#wellnesswednesday](#)

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The image shows three black meal prep containers arranged horizontally. The left container contains a small white bowl of dressing, a portion of brown rice, and a mix of orange and red vegetables. The middle container contains a portion of white rice, a piece of salmon, and green vegetables. The right container contains a portion of salmon, green vegetables, and orange vegetables.


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powerfullithaca WARNING: ⚠️ The side effects of not having to meal prep are happiness, more time, and increased energy. What do you plan on doing today with your extra time?

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