METABOLIC CHANGE MAY 2021 NEWSLETTER

HEART HEALTHY FAST FOOD

1. Chipotle Bowls or Salads
2. In-N-Out Veggie Burger
3. Kneader's Thai Chicken Salad
4. Papa Murphy's thin crust garden veggie pizza slice
5. Panda Express String Bean Chicken Breast
6. Panda Express Vegetable Spring Rolls
7. Panda Express Super Greens
8. Starbuck's Sous Vide Egg White & Red Pepper Bites
9. Starbuck's Hearty Blueberry Oatmeal
10. Starbuck's Prosnax Snack Trays
11. Starbuck's PB&J Protein Box
12. Starbuck's Justin's Dark Chocolate Peanut Butter Cups
13. Subway's Chopped Salads
14. Tropical Smoothie's Detox Island Green Smoothie
15. Wendy's Sour Cream & Chive Baked Potato

HEART HEALTHY YOUTUBE EXERCISE CHANNELS

1. Livestrong,com
2. POPSUGAR Fitness
3. Fabulous 50s