

Ariana grande essay



**ASSIGN
BUSTER**

The main thing I stay away from is starchy carbs (no rice, potato, pasta, bread, cereal, etc.) and sweets (with a cheat day once a month because it's good for your soul ????). However it's important to have some carbs (depending what they are) because they're a great source of energy and certain carbs eliminate bloating. Like oatmeal. I have organic oatmeal with flax and cinnamon every morning to get my body going and to have some energy for the day.

I usually eat it with 2 hard boiled eggs or a handful of almonds for protein. I generally have really long work days every day so throughout the day I keep myself energized and my belly full with fruits and veggies with almond butter or nuts, green tea and healthy bars like Think Thins, Live Raw bars or Pure bars. Yes these bars have more calories than a 90 calorie Special K bar but here's why they're the smarter choice... The ingredients in a Special K bar aren't natural and are harder for your body to break down.

If you eat snacks that are more natural (Think Thins, Live Raw bars or Pure bars, fruits, veggies, nuts etc) you'll consume way more calories but your body will be able to process and USE the ingredients for nourishment instead of storing them as fat. For lunch I always have some lean protein with a fruit or veggie like salmon and kale or chicken with hummus and some berries. For dinner I have whichever of the two I didn't eat for lunch. I usually alternate! I try to have my last meal of the day before 7: 30.

If I get hungry before bed I will never let myself go to sleep hungry. I'll just have some fruit or nuts. A glass of dandelion tea before bed is also great for you. A lot of people also say that fruit isn't good for you because it has a lot

of sugar and that avocado or hummus or cashews have too much fat. This is true... fruit has some sugar and some carbs. Nuts and avocado and hummus DO have a lot of fat but they aren't the kinds of fats that will make you fat.

They're healthy fats. They will nourish your body. The sugar in fruit is natural sugar and it's fine and good and delicious. Of course moderation is good when it comes to natural fats and sugar but I'm just telling you guys about what's been working for me. The greatest thing about this way of eating is that you get to eat every 2-4 hours. The reason why it works is because it keeps your body burning all day long. Eating more actually makes your metabolism work faster and harder.

So you'll be eating more than ever but you'll be eating the right things and when you're eating the right things and exercising, your body will be healthy and in great shape! I try to exercise daily to get my heart rate up and keep my body going. Isaac teaches a class called Fat Assassins (lol I love the title) and it's literally the hardest, most amazing class in the whole world. I try to do it every day. He's releasing a DVD of the class soon so I will let you know when it's out! Feel amazing whenever I do it.

Whether it's dancing, yoga, swimming, hiking, jumping jacks, plans, ab and leg work outs, running, cheesy exercise videos.. whatever you want to do it's just important to have that time to work out as often as possible. So I hope this has been helpful to you guys and that you've enjoyed reading it. The most important thing of all is to keep yourself healthy and to be happy and to love yourself. I don't want to see y'all hating on yourselves anymore.

Nourish your body and nourish your soul. Be happy in your beautiful, unique skin and take care of yourselves. All my love! Ariana Grande.