HAVING A HEALTHY MEAL AT WORK IS AS SIMPLE AS:

1. **PLAN**
   Spend a few minutes on the weekend writing an eating plan for the week ahead and get some healthy snacks ready so you don’t end up grabbing something unhealthy.

2. **PACK**
   Pack your lunch the night before and make it even easier for yourself by cooking enough dinner so you can take leftovers.

3. **PICK**
   Pick the right snacks to take to work with you, so you always have something healthy on hand when you get hungry. Try low-fat yoghurt, veggie sticks or a fruit and nut mix.

4. **SIP**
   Keep a glass or a bottle of water on your desk to sip on throughout the day, and make regular trips to the water cooler for top-ups and a stretch.

5. **SHOP**
   Be a smart shopper – always have a shopping list and choose wholesome snacks to have at work. Small tubs of fruit are a great snack option!

6. **STOP**
   Stop and savour your food. When you take the time to enjoy what you’re eating, you’ll be less likely to overeat and you’ll give yourself a mental break.