

eat wisely



For everyone who wishes to grow,
live and thrive on this planet.

Be mindful about what you eat.
Enjoy plant-power.

Be grateful, practice
compassion and self-love.
Cook at home, it tastes
much better.

Live with purpose
and gratitude.

Cooking is an act of love, share it!

The more whole food
you eat, the more
whole you'll become.

Say no to
processed foods.

Together we can
create real change.

Your small choices can have a huge impact.

Read labels and buy consciously.

You deserve to know what's in
your food.

Take responsibility for your
own health and happiness.

You have a voice and a heart
beat, make them useful and
inspire others.

Make your life precious and memorable.

Choose what is good for you,
for your children, grandchildren
and for the beauty of this planet.

You are made of food.
eat wisely.