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Liz And Clary, Of Hilliard Studio Method, Give Us Their Best Nutrition Tips For The Spring Season

by Sunny Hubler



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With spring break upon us and summer trips not far behind, it can be tempting to splurge while on vacation. Liz and Clary of Hilliard Studio Method stopped by to share some of their best tips and tricks to keep you feeling your best on vacay, and so you're not regretting those eating choices when you return home. Between the workouts, the lifestyle, and the nutrition tips, Hilliard Studio has you covered for your healthiest spring yet.

Substitute flavored yogurt with plain Greek yogurt with fruit for breakfast for more protein and less sugar. We always travel with a bag of Chia seeds. They are perfect to add to a variety of foods, including your morning yogurt, adding a punch of protein, fiber and omega-3s.

Replace sugary popsicles on the beach with frozen organic grapes and chilled watermelon.

Swap those crunchy potato chips with organic popcorn for a quick and easy snack. If you are still craving that crunch, reach for celery and carrot sticks (or any raw veggie) dipped in hummus.

When ordering fish for dinner at the resort restaurant, ask for the sauce on the side or no sauce at all. This applies to salads as well;

ask for the dressing on the side or even better, opt for olive oil, vinegar and a lemon wedge on the side so that you can dress to your liking.

When in doubt, make sure you are consuming vegetables with every meal. For example, pair a side salad with your meal instead of fries. The fiber will help you feel full and aid in digestion and you can't beat raw fruits and veggies as far as vitamins, minerals and phytonutrients go!

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