



4 Foods That Boost Your Health When Eaten Right

These everyday foods can work wonders for your body, if you know when and how to have them.

Potato & Dark Chocolate



Potato (Aaloo)

Best time: Lunch or before workout

How much: 1 medium bowl, boiled or roasted

Skip: Deep fried versions and late-night consumption

Dark Chocolate (70%+)

Best time: Post-lunch or evening

How much: 2 small squares only

Skip: Milk chocolate and having it late at night



Ghee & Black Coffee



Ghee

Best time: Lunch or dinner

How much: Just 1 teaspoon per meal

Skip: Excess amounts, especially with fried foods

Black Coffee

Best time: Morning or before workout

How much: 1 cup, no milk or sugar

Skip: Empty stomach and after 5 PM



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