

CONVENIENT
CAN BE HEALTHY



LAGOS IS A BUSY CITY



...and Lagos women are really pressed for time...



YOU CAN STILL EAT HEALTHY



BUT HOW???



1. Plan, plan, plan

- It **begins** with planning
 - Plan your meals just as you plan your wardrobe



2. Eat Breakfast

- Breakfast for the family is key
 - Cereals are simple to fix in the morning
 - Keep a cereal in your office
 - Take a sandwich with you in a ZIPLOC bag





3. **Break for Lunch**



4. **Light dinner is best**



**What's New
FROM MAGGI?**



**THANK
YOU**

