

THE DOs & DON'Ts FOR A Guilt-FREE BBQ

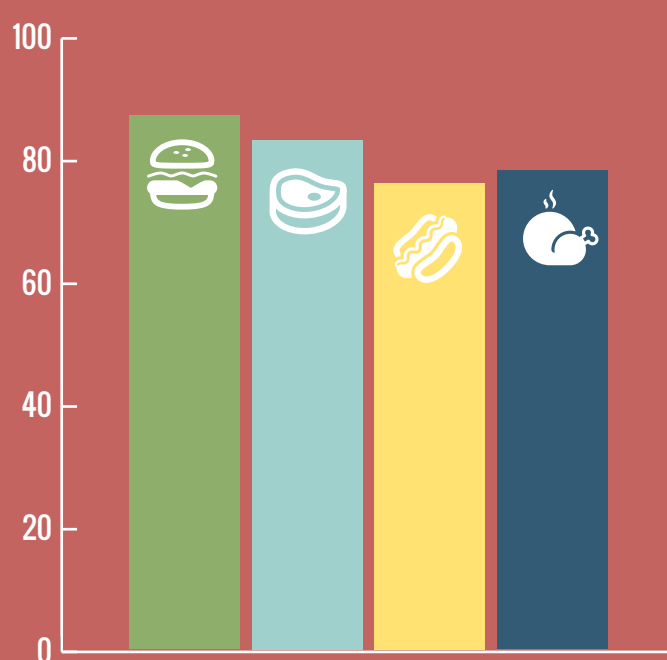
MEMORIAL DAY FACTS:

57%

of American households BBQ on Memorial Day Weekend. Barbecue is a popular way to cook meat around the world.



MOST POPULAR FOODS FOR GRILLING



BBQ BY THE NUMBERS

19

Average number of BBQs hosted per household during the summer.



HEALTHY ALTERNATIVES



Swap out processed meats, like hot dogs, for grass-fed organic options. Processed meats contain preservatives called nitrates.



Serve your meat on whole-grain high-fiber bread or try a collard wrap instead for an extra boost of green.



Grilling meat produces cancer-causing substances known as carcinogens. Swap the meat for grilled vegetable kebabs.



Swap sugar-laden marinades and sauces for spice rubs for bold flavor.

BYOS

Bring your own salad!

Being prepared with your own healthy dish means never being able to say "I can't eat anything!"



SNACK LIGHT

Snack lightly on a combination of protein and natural carbohydrates to stay satiated such as hummus with veggies or a handful of mixed nuts.



Who needs ice cream when you can cool off with a juicy watermelon wedge that's low in sugar and naturally hydrates you after a long day in the sun?

DRINK RESPONSIBLY

Skip the dehydrating sodas and cocktails opting for fresh lemon or cucumber infused water instead.



BACKYARD TIPS:

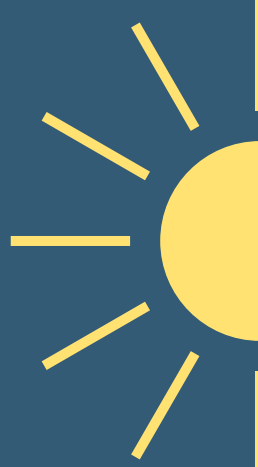
OUTDOOR FUN= INSECT PLAYGROUND

To keep critters away naturally, try swapping out store bought bug spray with essential oils or burn citronella candles for chemical free alternatives.



PLAY IT SAFE IN THE SUN

UVA and UVB rays are hazardous to your skin. Protect yourself by picnicking in the shade wearing a hat and sunglasses. Also be sure to use natural sunscreen or you can make your own!



WORK UP A SWEAT

Avoid the post-BBQ slump with a 30 minute team-based calorie-burning activity.



VOLLEYBALL
272 calories



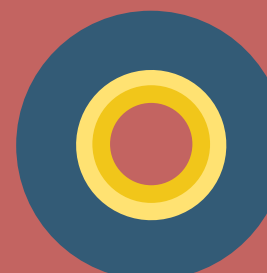
BADMINTON
150 calories



BICYCLE RIDE
204 calories



PLAY CATCH
100 calories



FRISBEE
102 calories



BOCCE BALL
90 calories

DIY SUNSCREEN INGREDIENTS

- COCONUT OIL
- SUNFLOWER OIL
- VITAMIN E OIL
- SHEA BUTTER
- EUCALYPTUS & LAVENDER ESSENTIAL OILS
- ZINC OXIDE

