



Discover Delicious Recipes For Every Occasion

• Explore our collection of mouthwatering <u>recipes</u> and food articles to inspire your next culinary adventure.



Healthy Life and Tips



- Healthy <u>Meal Prep</u> Made Easy: Time-Saving Strategies for Busy Individuals.
- From Plate to Palette: The Artistic Inspiration Behind Culinary Creations.
- Food Fantasia: Exploring the Surreal Side of Culinary Creativity
- June 10, 2025.
- From Kitchen to Plate: Mastering the Basics of Culinary Technique.



Food

Balanced Diet • Include healthy food proportions by adding fruits, whole grains, lean protein and healthy fats in your daily meals.

Hydration

• Drink a lot of water in whole the day.

Portion

• Be mindful on portion sizes to avoid consumption.

Limit Processe Foods • Limite the consumption of sugar drinks, fats food, processed snacks.

Mindful Eat

• You should always listen to your body call while eating



Lifestyle

Regular Excercise

 Include a moderate intensity one exercise an hour in everyday.

Adequate Sleep

 Make sure to sleep atleast 7 to 8 hours depends on your need.

Stress Management

 Practise regular stress management methods like yoga or deep breathing exercise.

Social Connections

 Nurture relationships with family and friends.

Limit Alcohol and Tobacco

 Reduce or stop consumption of Alcohol and Tobacco



Health

 Follow a rotine visit doctor for preventive care and screenings

Regular Checkups

Sun Protection

 Make sure to use sun screen or protective cloths while you have sun exposure. Always follow a heathy hygiene habits to avoid gems.

Hygiene

Mental Wellbeing

 Pay attention to your metal health and seek professional help if required. Keep updated on health news and make smart choices about your health.

Stay Informed



About Us!

"Recipes Living is a blog dedicated to sharing delicious recipes and food articles to inspire your culinary journey."



Contact Us!

If you have any questions, concerns, or requests regarding this Privacy Policy or our data practices, please contact us:

Performist Pte. Ltd.

info@performist.net

