

Subject line: Eating pizza is GOOD for you... 🍕

Hi [\(name\)](#),

If you read that subject line and immediately disagreed with it, I don't blame you at all. Let me explain!

The thing is, there's some truth to it.

You see, whenever we talk about what foods to avoid, pizza comes up as this evil fat gaining food that is out to do us harm.

But in reality, it's really about the ingredients and how many calories there are inside.

And I even added a pizza in one of my recipes here [\(Cookbook\)](#)



I only use 5 ingredients that are packed with fiber and protein. While keeping the calories at a healthy, balanced level.

It's the same with anything we eat.

Eating junk food is bad because it's heavily processed and usually loaded with fat and extra calories.

But if we used only healthy ingredients, and kept it to a serving size, then all of a sudden you can turn it into something that's healthy.

I hope this clears up the confusion.

And if you still have any questions about your health and wellness, reply to this email or book a free call here ([Let's talk](#))

Whatever you need, I'm here to help out.

Until next time,

xo Andi