



Quality over Quantity

Food for Thought

According to www.theplainsimplelife.com there are 9 reasons for choosing quality over quantity. The author is a minimalist, so she is referring to items, but I think that we can apply them to food, at least most of them! Here are the 9 reasons: 1. Quality is better for your health (yup). 2. Quality saves you money in the long run (true). 3. It is better for the environment (also true). 4. It helps you simplify your life (certainly). 5. It is more memorable (hmm, a healthy nutritious meal with friends, sure). 6. It is more unique (longshot). 7. It is better for your relationships (it keeps you healthier so, yes, in the long run sure). 8. It will save you time (especially when you cook simply) and finally number 9. Quality is the key to happiness. That speaks volumes! We actually do feel better when we eat nutritiously and that makes us happy indeed!

The 1P Challenge

December 1st to the 31st, 2024