

# Discovering CLEAN & HEALTHY San Diego



*"Yes, we're San Diego bound," this is what I yelled when I learned we were being stationed in San Diego.*

Growing up in South Florida I had previously only traveled up and down the Eastern Seaboard. So when my husband joined the Navy it allowed me to step outside my bubble and explore new places and learn new things. Luckily, we were first stationed on Oahu, and I had the opportunity to experience the Hawaiian culture first hand, including; the music, food, language and way of living. The Islands are full of beauty and not just the picture perfect views around every corner but the kindness of the people there is remarkable. However, Island living is not for everyone and moving to San Diego was fortunate.

The move has given me the chance to learn a new environment once again. One of the things about San Diego that



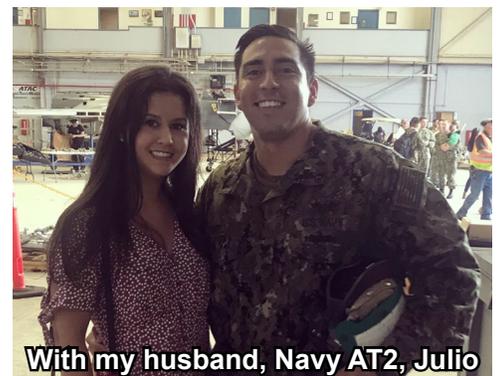
stood out to me was the healthy food I can eat without hurting my wallet or driving too far. Being that California is very trendy it was not shocking that the access to healthy eating would be so easy.

I have more opportunity to keep a healthy lifestyle here than anywhere else I have lived. I have discovered that healthy fast-casual food chains are becoming more common, especially when I am on a time crunch. Some of the food choices here in San Diego like Luna Grill, Tender Greens and True Food Kitchen, let me still eat healthy without affecting my schedule or wallet.

Another fantastic discovery on my health journey here is Sprouts. I had never been in a Sprouts before and now I can't live without it. Sprouts Farmers Market offers fresh, natural and organic choices that are not too expensive. I have come to realize that our society is taking more strides towards clean and healthy living and the demand for these goods will keep rising. Sprouts is a great example of this and

seems to be doing very well.

Working at Flocke & Avoyer with all of our new emerging brands clients has really brought this clean and healthy trend to my attention. I believe that this particular industry is only going to grow in the future. I cant wait to find out what other new clean and healthy choices I will find here in San Diego.



With my husband, Navy AT2, Julio

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