**Tip of the week - “Liven up your food”**

It's easy to get in a diet rut, even if you're loading up on flavourful fruits and veggies. The solution? Have plenty of spices, fresh herbs, and lemons at your cooking beck and call. It's amazing what a little dash of spice, sprinkle of herbs, pinch of lemon zest, or squirt of lime juice can do to liven up a dish—and your diet! The best part: They contain almost no calories. Experiment with your dinner, tonight!