

SIGNS YOU'RE SETTLING IN YOUR RELATIONSHIP & DIET

RELATIONSHIP	DIET
<ul style="list-style-type: none">• My partner only gets annoyed with me when I ask too many questions• He/she doesn't get along with any of my family or friends so I keep them separate• We used to be so happy and in love. It must be me. I just need to work harder• At least we're not as bad as...(insert unhealthy relationship couple here)	<ul style="list-style-type: none">• I only get hangry once a day• The stress of trying to stick to my meal plan at a restaurant is too much, so I avoid going out with family and friends• I used to be able to stick to this. It must be me. I just need to work harder• At least I can eat some carbs, unlike my co-worker who's miserable on Keto