

Starting Tips

1) When analyzing your food day, all of the following are equally important:

Food Choices

Meal Frequency (Timing of your meals)

Calories PER MEAL

Nutrient ratios (amount of protein, carbs and fat) PER MEAL

2) Every meal should include a protein, carb and fat choice.

3) Eat within an hour of waking, then every 4 hours after, up until 2 hours before bed. (Always eat before exercising in the morning)

4) Use protein bars to troubleshoot when you get off your meal times. Do not have more than a third of your meals in a meal substitute (shakes and bars) per day. Use shakes and bars as needed for convenience or to trouble-shoot your meal timing.

5) When weighing foods on your food scale, you do not weigh the refuse. Weigh only the part you will eat (i.e. banana without the peel, apple without the core, meat without the bone, etc....)

6) Try to use at least 2 meals with fruit and 2 meals with vegetables each day.

7) Try to drink 3-5 liters of water per day.