



BASIC NUTRITIONAL GUIDELINES

WHEN TO EAT

We need to adopt the eating pattern of a larger breakfast, medium lunch and smaller dinner plus 2 snacks which are considered half the size of a main meal.

Higher Frequency of Meals equals **Sustained Blood Sugar Levels** which in turn leads to **Higher Metabolic Activity** and **Maintains Muscle Mass**.

HOW TO EAT

From each meal you must follow the below rules:

- Always eat protein, fiber and fat together with carbohydrates to slow down the speed at which the sugars from the carbohydrates enter the system.
- Always eat within an hour after waking to avoid the body's starvation response.
- Always eat within 5 hours of your last meal to avoid the body's starvation response.
- Always eat a snack 1hr- ½ an hour before going to bed to help you burn fat while you sleep.
- Supplement your eating plan with 3000 mgs of essential fatty acids daily.
- Remember to always eat all CHO/PRO/FAT each meal to support nutrient delivery and aid digestion.

If you keep to this 80% of the time, you'll get 90% of the results. If you come off track you are only one meal away to being back on track.

WHAT AND HOW MUCH TO EAT

Use the below guidelines to help you ensure that your meals are the right size.

THE HAND RULE

Your fist is approximately the same size as your stomach therefore without having to weigh or measure your food you can still get a basic estimation on the quantities of your selected foods. In basic terms use the PALM, FIST & THUMB method.

VEGETABLES AS A CARBOHYDRATE – 2 fists

STARCH AS A CARBOHYDRATE- 1 fist

MEAT PROTEIN – size and width of the palm of your hand

SEEDS AND NUTS- 1 handful (tips of your fingers touching the palm of your hand)

FATS (ESSENTIAL Fatty Acids) – size of tip of your thumb

40% CARBOHYDRATES

steamed vegetables, brown rice, baked potatoes, salads

30% PROTEIN

chicken, tuna, salmon, turkey, beef

30% FATS (ESSENTIAL Fatty Acids)

olive oil, nuts, avocados, omega 3 & 6 oils (from fish), and avocado oils

WATER CONSUMPTION

A simple measurement to help specify your daily water consumption is ½ your body weight in ounces.

e.g. Body weight 180lbs = recommended water consumption: 90 ounces (3 liters) per day.