

# Nutrition Guide

## HEALTHY HABITS



Make **time** to plan, shop and prepare your food for the week

Eat to **80% full**.

Eat slowly, consciously, and avoid mindless eating



Eat within **30 minutes** of waking, and then every 3-4 hours but mainly when hungry

Eat real, whole foods.

Check the ingredients:

**5 or less is ideal.**

Avoid additives, preservatives, and artificial flavors.



Treat yourself **10%** of the time.  
Ex: 4 meals/ day at 28 meals/ week  
=3 treat meals/ week

## ANATOMY OF A MEAL

*\*ideal after workout*

**EVERY 3 - 4 HOURS**

**2 - 3 / DAY**

**1 - 2 / DAY**

### Protein

### Fiber Rich Veggies

### Healthy Fats

### Starchy Carbs

### Fruit

Lean Meats  
Fish  
Eggs  
Beans, Peas  
Low Fat Dairy  
Protein Powder

All Types  
Especially Leafy Greens

Coconut  
Nuts, Nut Butter  
Seeds  
Avocado  
Fish Oil  
Oil: Olive,  
Coconut, Flax

Whole Grain Bread  
Sprouted Grain Bread  
Oats, Rice, Quinoa  
Whole Grain Pasta  
Sweet Potatoes  
Corn, Potatoes

All Types

= 1 Palm

= 1 Fist/ No Limit

= 1 Thumb

= 1 Handful

= 2 Palms

= 2 Fists/ No Limit

= 2 Thumbs

= 2 Handfuls

# Lifestyle Guide

## BODY

### Exercise

Try to be active 4-6 times per week. A 15 minute walk is better than nothing!

### Nutrition

Your body needs fuel and energy! Plan and prepare healthy meals that fit into your lifestyle.

### Hydrate

Drink 48-64oz of water daily. Your body and your brain will thank you!

## BEING

### Mindset

Believe that you will succeed, act as if you will, abandon limiting beliefs and negative self-talk.

### Learn

Knowledge is power. Learn about your health, fitness, and other things that are important to you.

### Take Your Foot Off the Break

Eliminate unnecessary stresses, anxiety, negative thoughts, negative people and bad habits to relieve stress and help you accelerate.

## BALANCE

### Recover

Get 6-8 hours of sleep at night. Take time to relax, and let your body and mind become rejuvenated.

### Organization

Life is messy, but finding your own way of being organized will prevent anxiety and stress

### Reflect

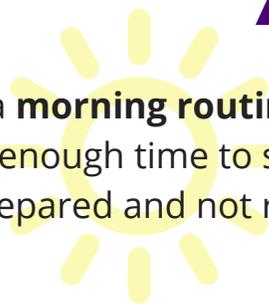
Spend time reflecting on your past and present. Learn from mistakes, be grateful for experiences, and find the good and happiness in your life.

### Progress

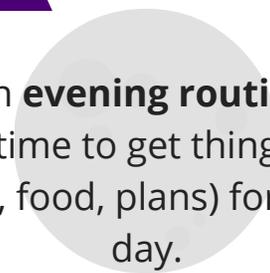
Set specific, healthy, goals and aspirations; know why you're setting them; be willing to work towards them; and then take action. You will find satisfaction in succeeding!

## TIPS FOR SUCCESS

Have a **morning routine** give yourself enough time to start your day prepared and not rushed.

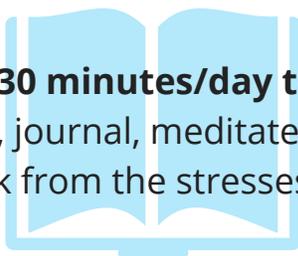


Have an **evening routine** - take some time to get things ready (clothes, food, plans) for the next day.



Take **10-30 minutes/day to yourself**.

Read, journal, meditate - Take a break from the stresses of life.



**Remove negative** people, things, and habits from your life. You deserve better than that.

