

NUTRITION EATING GUIDE

- Drink at least ½ your body weight in ounces of water throughout the day. Add ½ lemon or 1 pinch of sea salt to every bottle.
- Ex. 220 pounds= 110 ounces= 7 16oz water bottles= 14 8oz cups
- Drink a warm cup of herbal tea upon waking
- Can take a shot of Apple Cider Vinegar in the morning or at night (put in tea if you don't mind taste)
- Do not drink water while you're eating, before or after only
- SERVING SIZES:
 - PROTEIN= Size of your palm
 - FATS= Size of your thumb
 - CARBS= Size of your fist
 - VEGGIES & FRUITS= Size of your fist

MEAL	FOOD BREAKDOWN	PROTEIN	FAT	CARBS	VEGETABLES/ FRUIT
Breakfast	PROTEIN SERVINGS	2			
	VEGETABLE SERVINGS (Optional)				1-2
	FAT SERVINGS		2		
	CARBOHYDRATE SERVINGS				
Snack	1 SERVING FRUIT or NUTS		1		1
Lunch	PROTEIN SERVINGS	2			
	VEGETABLE SERVINGS				1-2
	FAT SERVINGS		1.5		
	CARBOHYDRATE SERVINGS			1-2	
PM Snack	1 SERVING VEGETABLES & 10 NUTS		1		1
Dinner	PROTEIN SERVINGS	2			
	VEGETABLE SERVINGS				1-2
	FAT SERVINGS		1.5		
	CARBOHYDRATE SERVINGS			1	
DAILY TOTAL		6	5.5-7	2-3	5-8

The following are the best options from the food sources. You can play around and get creative.
 You can pick outside this list, but pick from this list whenever possible.

PROTEINS:

Chicken
 Duck
 Fish
 Eggs
 Bison/Buffalo
 Grass-Fed Beef
 Pork
 Salmon
 Tilapia

FATS:

Avocados
 Avocado Oil
 Coconut Oil
 Extra Virgin Olive Oil
 Nut Oils
 Chia/Flax Seeds
 Cashews/Pecans
 Walnuts/Almonds

CARBOHYDRATES:

Beans
 Oats
 Pasta
 Potatoes
 Quinoa
 Rice
 Sweet Potatoes –veg

VEGGIES & FRUITS:

Apples
 Asparagus
 Blackberries
 Cherries
 Raspberries
 Bell Peppers
 Brussel Spouts
 Kale
 Spinach

SAMPLE GROCERY LIST:

FREEZER FOODS:

- Frozen Berries
- Frozen Veggies (for stir-fry,soups,sides; NO corn)
- Frozen Shrimp
- Grass-fed beef tenderloin
- Organic chicken and turkey
- Pasture-fed pork tenderloin
- Wild fish (salmon, scallops, tilapia, sole, halibut)

REFRIGERATOR FOODS:

- Asparagus
- Berries
- Celery
- Cucumber
- Chia seeds
- Unsweetened Coconut milk / almond milk / rice milk
- Coconut Water
- Eggs (Free Range)
- Ginger
- Ground flax seed
- Guacamole
- Hummus
- Iced green tea (unsweetened, make fresh)
- Kale
- Mushrooms
- Nut Butter (almond,pecan,macadamia, cashew)
- Red onions
- Red peppers
- Roast beef slices
- Roasted whole chicken
- Salad greens (baby spinach, arugula)
- String beans
- Zucchini

VEGGIE/FRUIT BIN:

- Apples (green are lower glycemic)
- Avocados
- Butternut or Kabocha squash
- Garlic
- Lemons
- Limes
- Onions
- Sweet potatoes
- Tomatoes

PANTRY:

- Artichoke hearts
- Black beans
- Brown rice
- Unsweetened coconut milk /almond milk / rice milk
- Dandelion Tea
- Diced green chilies
- Garbanzo and Pinto beans
- Green teas (to drink iced or hot)
- Chia/ Flax/ Hemp Seeds
- Lentils
- Oatmeal (gluten-free)
- Organic chicken broth
- Quinoa
- Quinoa pasta
- Raw. Nuts (almonds, cashews, pecans, pine nuts, pistachios, walnuts)
- Seaweed snacks
- Sun-dried tomatoes in olive oil
- Tuna (water-packed)
- Vinegar (balsamic, red, rice) - for salad dressings

OILS:

- Avocado Oil
- Coconut oil (for high-temperature cooking)
- Extra-virgin olive oil (to use raw)
- Nut Oils
- Olive oil (for medium-temperature cooking)

SPICES:

- Basil
- Black peppercorn
- Cinnamon
- Italian spice blend
- Mexican spice blend
- Oregano
- Red chile
- Red pepper
- Rosemary
- Iodized Sea Salt

Daily Food Plan Examples:

Meal 1- 7am

- 5 Eggs
- ½ Avocado
- 2 Cups Spinach

Meal 2- 10am

- Apple

Meal 3- 1pm

- 2 Fish Filets (tilapia, salmon, sole, etc.)
- ½ Avocado
- 2 Cups Green Veggies
- 1 Cup Pasta

Meal 4- 4pm

- 10-12 Cashews
- 2 Cups Green Veggies

Meal 5- 7pm

- Chicken with lemon and herbs
- 1 Cup cooked Brown Rice or Quinoa
- 2 Cups Spinach
- 1 Sweet Potato

Daily Food Plan Examples:

Meal 1- 7am

- Protein Shake

Meal 2- 10am

- Berries

Meal 3- 1pm

- Grilled Chicken
- Asparagus
- ½ Avocado
- 1 Cup Pasta

Meal 4- 4pm

- 10-12 Walnuts
- Small Salad

Meal 5- 7pm

- Tilapia or Salmon
- Vegetable Soup
- Small Salad w/ EV Olive Oil

***CAN ALWAYS ADD VEGGIES TO ANY MEAL IF HUNGRY.**

****Can do One Night a week of anything outside the scope of this plan and suggestions for DINNER. That includes Alcohol. The more results you want, the fewer amounts of nights you want Alcohol.****