

NUTRITION GUIDE

EATING RECOMMENDATIONS

- Eat at least six times a day.
- Make each meal count. If you eat anything, consider it a meal.
- Eliminate any and all refined sugars and sweets.
- Reduce caffeine intake and increase water intake (at least half your body weight in ounces. For example: If you weigh 100 lbs., drink at least 50 oz. of water per day). **No Alcohol!**
- All heavy starches should be consumed by 1pm or 3rd meal of the day. For example: bread, pasta, or rice.
- 1 serving of protein should be consumed with every meal. For example: (a 4-6 ounce piece is considered 1 serving).
- Limit dairy intake to 1st or 2nd meal of the day.
- All fruits should be consumed before 1pm. **No fruit juice!**
- Multi-vitamin everyday.
- Maximum amount of time between meals: 3 hours.
- Protein always first choice then carbohydrates to be added.
- Limit sugary condiments such as salad dressings.
- Meal replacement bars and shakes may be used if sugar free.

FOOD CHOICES

PROTEINS

Fish, Chicken, Lean Steaks, Lean Ham, Tuna, Salmon, Egg Whites

CARBOHYDRATES – (Every Carbohydrate Item Should be 1 Cup or Less)

Steamed Brown/Wild Rice, Whole Wheat Pasta, Oatmeal, Beans, Sweet Potato

VEGETABLES

Broccoli, Snow Peas, Peppers, Lettuce, Eggplant, String Beans, Spinach, Cucumbers

FRUITS – (No Canned or Dried Fruit)

Green Apple, Grapefruit, Cantaloupe, Honeydew Melon, Blueberries, Raspberries

SAMPLE MEAL PLANNING

7:00 am - Protein, Carbohydrate
9:30 am - Protein, Carbohydrate
12:30 pm - Protein, Carbohydrate
2:30 pm - Protein, Vegetable
5:30 pm - Protein, Vegetable
7:00 pm - Protein, Vegetable