

Eat Smart. Move Smart. Rest Smart.

Eat Smart: Vegetables and Fruits	Eat Smart: DO NOT EAT/DRINK (except for Cheat Meals)
Broccoli Spinach Kale Most lettuces Cucumbers Tomatoes Zucchini Cabbage Carrots Cauliflower Onions Brussel Sprouts Oranges Beets Any green leafy vegetable & most any raw fruit	<ul style="list-style-type: none"> ● NO Processed foods!!! ● NO Sugar/Artificial sweeteners (NO soft drinks!) ● NO FRIED foods. ● NO Pasta ● NO Vegetable oils of any kind ● NO Desserts. Ice cream, candy ● NO Pizza ● NO Fruit juice (eat raw fruit instead) ● Limit breads to 100% Whole Wheat per Weekly eating plan. <p><u>CHEAT MEAL:</u> once per week, anything you want. Same day each week, if possible.</p>
Eat Smart: Protein Sources	Move Smart Principles
<ul style="list-style-type: none"> ● Lean meat: beef, chicken, pork, turkey ● Eggs (yolks too!) ● Tuna/Salmon/Tilapia, and other white fish ● Peanut/almond butter ● Venison ● Dairy (milk, cheese) if tolerant. ● Whey Isolate powder 	<ul style="list-style-type: none"> ● Exercise: QUALITY (form/ROM) ALWAYS trumps quantity (rep count). ● Look for opportunities to move (park farther away; take the stairs; stand). ● When you walk, make it count. ● Always have workout attire with you when traveling. ● Commercials while watching TV are a great time to MOVE (squats, push-ups, planks, etc.)
Eat Smart: Other foods/drinks	Rest Smart: Recovery/Sleep Guidelines
<ul style="list-style-type: none"> ● <u>Water</u> (add lime/lemon wedge to aid digestion & improve taste) - try for 60-80 ounces per day. Drink 12 - 16 ounces of water BEFORE EVERY MEAL. ● <u>Extra Virgin Olive Oil</u> (best source of good fats) - Sprinkle on vegetables. ● <u>Coconut Oil</u>: try it in your coffee. ● Potatoes: sweet, red, baked ● Beans (if your body can tolerate them) ● Coffee (no sweetener) ● Herbs/spices/hot sauce (most have little or no sugar) 	<ul style="list-style-type: none"> ● SLEEP: Get a minimum of 6 hours each night. 7-8 hours is ideal. ● Be consistent--wake up and go to sleep at the same time every day. ● Caffeine: not after 3 pm if it impacts your sleep. ● Shut down all electronics an hour before sleep time. Read a book. Kiss your spouse. ● Alcohol: negatively impacts sleep quality and the body's ability to burn fat. Keep at a minimum.

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