

## Nutrition Template

Eat when you get up.

Protein - Fruit or Vegetable - Fat

Repeat every 2-3 hours

The only difference is when you workout the next meal within 2 hours can include a Carbohydrate

This is for those that are still wanting to lose Body Fat. Once at that point can readjust the meal plans.

Be an 80 percenter so eat good 80 percent of the time. Plan Cheat meals so you can enjoy.

Prepare your food in advance. Use the grocery list/meal planner.

Drink plenty of water.

Get plenty of Rest.

Workout 3-5 times per week.

Try to incorporate superfoods.

Look for nutrient dense foods.

Avoid processed foods.

Portion sizes are veggies and fruits the size of a tennis ball - fats tsp or tbsp or if an avocado half of the palm of your hand. Fats are high in calories so we have to make sure to watch the portions but are very important for well being and health management.