



THIS IS HOW WE EAT!!!

For a lifestyle change we have to not only change the physical way we eat, such as what foods to stay away from, what foods we crave, etc., we must change our mental/emotional connection with food. Here is what will help you in this challenge and continuing on in the future.

1. We eat to fuel for our activity. We are not eating because we are sad, happy, lonely, etc. Comfort food simply stimulates endorphins in the body that change our chemistry to give us a temporary “high” or “escape” from what we are dealing with, but they do more damage than that momentary relief. Stop treating food as a friend and see it as a tool to use.
2. Daily macronutrient levels (Protein, Carbs, and Fat) are how we sustain the energy we need for what we will do each day without over-eating.
3. Set the right eating schedule that fits your routine. 5 equal meals or 3 large meals/2 snacks. It has to be simply and achievable or you won't stay with it.
4. Drink water for the day and before you eat a meal or snack (See “The Story of Water” handout)
5. Develop the foods that you will eat regularly but some variety is good. Too much variety leads to confusion and then compromise.
6. You can hit the target macro with a + or – 10% level. Example: If I am required to get 220g of Protein per day then I can have as much as 242g or as low as 198g.
7. Carbs need to be vegetables with very little fruit. Oatmeal (raw unsugar) and jasmine rice can be utilized sparingly but stick to the quick carbs sheet list. You need 75% of all your carbs in each meal to come from vegetables minimum. Green, leafy vegetables are the prime choice
8. Eat healthy fats ONLY! Stay away from peanuts or peanut butter or any nut butter for that matter. Nuts, seeds, limited avocado, plus all the acceptable fats that are listed on the Fats Guide.
9. Never go longer than 5 hours between meals and definitely not longer than 3 hours between a snack and a meal.
10. No sauces or high salt for flavoring foods. Experiment with dried spices and herbs for flavoring. Fresh oregano, thyme, rosemary, garlic, and onion are good but powdered spices are ok as well as long as you stay away from blends.



11. Do not cheat!! We all think “well just this once” or “a little” won’t hurt but that’s a slippery slope.
12. Stay away from all dairy. I know this is tough for people, but the fact is we are addicted as a society to cheese, sauces, breads, etc. and dairy is the culprit.
13. Eat eggs, including the yolk if you want. The yolk has gotten a bad reputation because it was thought that the cholesterol in egg yolks affects our cholesterol and high blood pressure. This has been completely debunked. Sugar and processed foods are what affect our hearts and cardiovascular systems the most.
14. No FAST FOOD!! If you plan accordingly, you shouldn’t be in a bind and need something like fast food.
15. Take your meals with you. Don’t be embarrassed if you go out to eat with friends and bring your meal. If they see you and see you working for change in the end, they will see your results and see how small changes in routine have helped you achieve it. Maybe they even get interested and ask you questions.
16. Not everything will work for everyone. You have to play around with your likes/dislikes and your strengths/weaknesses so you can build your own routine.