

MY FOOD & ACTIVITY LOG

.....		TIME	S - SLEEP
NAME		MEAL	L - LIGHT
.....			M - MODERATE
DATE		ACTIVITY	V - VIGOROUS

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RULES FOR HEALTHY EATING

The key to losing fat is to keep your blood sugar levels regulated. Your body uses the hormone insulin to regulate your blood sugar levels. When there is excess insulin in the blood stream, more fat is stored. Adhering to a clean, low-glycemic diet (no processed sugars or starches) and eating at regular intervals will keep your blood sugar levels regular and help your body metabolize excess fat. Follow these three rules to start eating healthy!

1 Eat Clean: Whole, Nutrient-Dense Foods
Think: Can you kill it, pick it, or dig it up?

2 Eat Regularly: 4-6x Per Day
Never be hungry, never be full.

3 Cutting
Cutting out starch, high G.I. carbs, and sugar at a certain time of day.

MEAL PLANNING

		Meal 1	Meal 2	Meal 3
BREAKFAST 6-8am	Protein	2 eggs	protein powder	omelet
	Fruit / Carb	banana	steel cut oats	with side of fruit
	Fat	coconut water	berries	coconut butter
MID-MORNING SNACK 9-11am	Protein			plain yogurt
	Fruit	apple	pear	mixed fruit
	Fat	almonds		pecans
LUNCH 12-1pm	Protein	hard boiled egg	5oz grilled chicken	fish
	Veg	mixed veg salad	lettuce, tomato, pepper	asparagus or broccoli
	Fat	avocado	olive oil	grape seed oil
MID-DAY SNACK 2-3pm	Protein			shellfish
	Veg	broccoli & cauliflower	celery	veggies
	Fat	hummus	almond butter	grape seed oil
DINNER 5-7pm	Protein	fish	lean ground turkey	chicken breast
	Veg	mixed greens	lettuce wraps, peppers	spinach salad w/ mixed veg
	Fat	olive oil dressing	guacamole, cheese	avocado