

Habit 1: Eat every 2-4 hours

Stimulates the metabolism, balances blood sugar, helps to maintain lean muscle while at the same time burning off fat mass. Let your body be your guide.

Habit 2: Eat protein with at least 3 meals

Stimulates metabolism, improves muscle mass and recovery, and reduces body fat.

Women, serving per meal: 1 palm

Men, serving per meal: 1 hand

Women, serving per snack: half palm

Men, serving per snack: 1 palm

*double servings for weight gain

Habit 3: Eat veggies with every meal

Loaded with vitamins and minerals, provides alkalinity to the blood and reduces acid that protein and grains provide (to much acid means a loss in bone strength and muscle mass).

2-3 servings with every meal (1/2 cup=1 serving) or about the size of your fist

Habit 4: Keep your carbs in check

Keep carbohydrates under 150 grams per day, between 50-100 grams is best. This will change with activity levels. Carbohydrate curve

Very active: 6-7 days a week of hard exercise/sport/play

Active: 3-5 days of moderate intensity exercise/sport/play

Light: 1-3 days of moderate to light intensity exercise/sport/play

Sedentary: Little to no exercise/sport/play

Tip: Veggies with every meal and 1-2 servings of fruit per day (1 apple, 1 cup berries).

If you do eat grains, pasta, or sugar, after exercise ONLY. *2-3 servings fruit weight

gain + 1 starchy carb post workout.

Habit 5: Eat healthy fat

A serving of healthy fats should be included with every meal. 1-3 tsps oil, 1/2 avocado, small handful of raw nuts.

1/3 saturated, 1/3 monosaturated, 1/3 polysaturated to optimize health, body composition, and performance.

Monosaturated: Avocado, olive oil, nuts

Polysaturated: fish oil, flax seed, nuts

Saturated: Coconut oil, grass-fed meats, eggs

Habit 6: Drink more H2O. "0" calories only!

If it has more than "0" pour it out. No juices, soda, coffee or tea with cream or sugar.

They have no nutritional value, do nothing for our appetite, and spike our blood sugar thus causing us to store more fat.

Water, unsweetened tea, black coffee - - ONLY. Never drink CALORIES

Habit 7: Eat real food and whole food meals whenever possible

Nothing comes close to the nutritional value of a whole food meal. They keep us full, blood sugar stable, and our metabolisms running high. Variety: There's more than chicken. Grass-fed beef, wild salmon, turkey, rabbit, buffalo. Same goes with your veggies, fruits, nuts, and oils. Variety is key in keeping nutrition high and cravings in check!

Habit 8: Plan ahead and prepare food in advance

Wake up earlier, cook before bed, cook in batches, and/or take two days out of the

week to make meals for the entire week. If you do not have healthy foods ready to go and easy to get to it is much easier for you to make unhealthy choices. LEARN TO COOK. RECIPES cuz I love ya!

Habit 9: Lift heavy things, run really fast, and play!

Strive for 5-7 hours of moderate to vigorous activity per week. 2-4 days of strength training with weights or your own body. Run fast, run far, jump, swim, bike, play soccer. Find activities that make you :D and go do more of them. If you are not sure how to work out go here. Need some workout ideas. I got you there too. Get outside, go to the park. Just get busy. Push yourself. Progress each week. Less rest, run faster, farther, more weight. MORE FUN!

Habit 10: Break rules 1-9

Seriously, 100% compliance may drive you nuts. 10% of the time relax! So if you eat 5 meals a day that follow the healthy habits that's 35 meals a week. Plan on 3 of those being meals that do not follow the healthy habits. All work and no play makes us dull boys and girls. This should be fun!

What exactly does that mean?

It means it is a meal that does not adhere to the other 9 habits. Did you miss a protein source with your dinner? That is a meal that does not fall under the other 9 habits. Did you skip veggies for lunch? Again, does not follow the habits. Did you eat a starchy carb for breakfast if fat loss is your goal? Again, does not follow the habits.

BONUS:

SLEEP! Body composition changes, energy levels, happiness, stress, and your good looks rest on you getting enough rest... no pun intended. 8 hours is a good rule of thumb.

Drink water in between meals
Chew slowly and take at least 20 minutes to finish a meal. It takes that long to feel full. Best advice is to schedule "relax" meal-breakers. You are more likely to keep them under control and not go over board. Ever tell yourself 1 slice of pizza but it turns into 4-5 plus some ice cream?
Enjoy it then right back on the wagon!

Veggies/Fruits:

When: Veggies with each meal. 1-2 fruits max
per day for fat loss, 2-3 for muscle gain + 1 starchy carb post exercise (sweet potato) See food chart

Spinach, broccoli, asparagus, bok choy, tomatoes, berries, orange, apple, avocado, spaghetti squash, carrot, garlic, kale, peppers, celery, artichoke, brussel sprouts, butternut squash, cabbage, sweet potato

Healthy fats:

When: add a little to each meal. 1-3 teaspoons (more if low energy), 1 small handful of nuts, ½ avocado. 1&1/2 portions for muscle gain. See food chart
Almond, macademia, pecan, walnut, coconut oil, olive oil, macademia oil, avocado oil, nut butters, fish oil

Drinks: See food chart

Water, unsweetened green tea or coffee, green drinks

Cooking:

Most of these meals can be prepared in the following manner:

- 1: Put some oil in a pan.
- 2: Brown some meat in that oil for a minute
- 3: If you are using a hearty herb/spice like ginger, add it before the meat, if it's delicate like basil, add it when the dish is almost done.
- 4: Add veggies.
- 5: Stir it a time or two, cover and set a timer for 5-10 min.
- 6: If it's done, eat! If not, set a timer again.

Example meal plan for fat loss:

Breakfast:

2-3 eggs + spinach/onion + ½ avocado

Snack:

Small handful of berry's + small handful of mixed nuts (raw) + turkey

Lunch:

Large green salad + grilled salmon + 1 tablespoon olive oil

Snack:

Beef jerky + a few sliced strawberries + 1-2 tablespoons flax seeds

Dinner:

Grass-fed ground beef + large serving of mixed veggies + 1 tablespoon coconut oil

Portions:

Protein:

1 serving is roughly the size of your palm

Veggies/fruit:

1 serving is roughly the size of a clenched fist

Healthy fats:

1 serving is roughly 1-3 teaspoons oil

½ avocado

1 small handful of nuts

Last note:

This is a starting point. Stick to any plan for 2-4 weeks. If it does not elicit desired results look back on your habit tracking to see where you can make adjustments. Add or subtract activity. Add or subtract food portions. Pay attention to how food makes you feel? If you don't feel good when you eat something then don't eat it :D

A Few links to enjoy

Mark's Daily Apple

Paleo Plan Paleo Plan Recipes

Robb Wolf

Limitless365

Precision Nutrition

Chris Kresser

MovNat

Everyday Paleo

*These habits were obtained from my precision nutrition coaching certification.

Tweaked in a manor to suit a ancestral nutritional approach "Paleo Diet."

