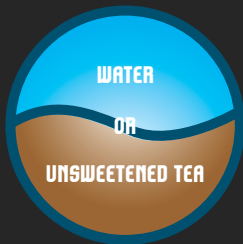


LIMITLESS365: ANYTIME PALEO PLATE

ANY MEAL YOU EAT THAT DOES NOT FOLLOW A WORKOUT

DRINK



FOOD



SERVING SIZES



TIPS

1. MEAL QUALITY OVER QUANTITY
2. EAT SLOWLY/CHEW CAREFULLY/ENJOY
3. SNACK RIGHT IF YOU MUST
4. WATER, WATER, EVERYWHERE
5. SET YOURSELF UP FOR SUCCESS BY BEING PREPARED

OIL

1-4 TABLESPOONS OF HEALTHY OILS (COCONUT, OLIVE, GRASS-FED BUTTER) OR AVOCADO DEPENDING ON GENDER, BODY SIZE, GOALS, LIFESTYLE DEPENDS.



WHAT AN ANYTIME MEAL IS

An anytime meal is what the majority of your meals will look like over the course of a day. It's a good idea to let hunger be your guide but on average you should feel the need to eat every 3-4 hours. Make sure to include a zero calorie beverage with before each meal, a source of protein, a serving of vegetables, and a serving of healthy fats. Use the real food chart for a list of foods to include and the postworkout plate after a workout.