



Fat Like Megan for Two Weeks

These nutritional guidelines are exactly what I use to make food decisions. Give it a try for two weeks and see if it works for you, too!

Eat Four Meals Per Day — Every day eat these meals: *Breakfast > Lunch > Afternoon Snack > Dinner*

Eat Your PRO's — With each of these meals, choose a protein & some fresh produce, mostly vegetables

Be Mindful with Fats — Incorporate a wide balance of different types of fats into your meals, looking to include nuts, seeds, olives, oils, and avocado

Eat Only One Serving of Whole Grains or Other Starchy Carbs Per Day — Make Protein & Produce the staple of your meals, and then eat only one serving of starch per day (like quinoa, bread, etc.)

Eat real, whole food — Avoid packaged, processed foods, choosing fresh foods as often as possible.

Splurge a Little — Figure out what you love, then splurge occasionally. I eat one piece of dark chocolate after lunch, and one small bowl of light ice cream at night. This works for me, but don't force this if it doesn't jive with you.