



## *Nutrition Guidelines*

**Eat Meals** — If it's mealtime, you need to eat. If it's not mealtime, don't eat. *Start here: Breakfast > Lunch > Afternoon Snack > Dinner*

**Eat Your PRO'S** — With every meal, choose a protein & some produce

**Be Mindful with Fats** — Focus on eating a wide balance of different types of fats, always looking to include nuts, seeds, olives, oils

**Eat Whole Grains & Other Starchy Carbs, When It's Right** — Always choose whole grains and then time them according to your body type and goals.

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

**Splurge Sometimes** — Figure out what you love, then splurge occasionally according to your goals. Use the meal chart if you'd like the extra accountability.