

# DEFINITIVE GUIDE TO EATING WELL



## 1 Meal Quality Over Quantity

The amount of meals you eat everyday is not as important as the quality. Strive for roughly 3-4 meals every day spaced out about every 4 hours. Focus on filling your plates with the following.

- Protein:** Palm size serving
- Veggie/or Fruit:** Size of a clenched fist
- Healthy fat:** 1-3 tsp of coconut oil or 1/2 avocado for example

## 2 Eat Slowly/Chew Fully/Enjoy

Take at least 20 minutes to eat a meals. It takes about 20 minutes for our noodle and our stomach to agree that we're full. A good trick is to stop when you feel about 80% full. Wait about 5-10 more minutes and see if continuing is something that is necessary. Chew fully in order to properly digest and absorb nutrients. And finally, enjoy! Savor each meal. Set time aside each day to eat. Do nothing else. Just sit and enjoy every tasty bite.

## 3 Snack Right If You Must

Eating 5,6, or 7 meals or snacks is not only unnecessary but often inconvenient for our hectic lifestyles. It's tough to commit time to fully sit down and enjoy a meal for 20-30 minutes we just don't have the time. Try for 3-4 whole food meals instead and if you must snack opt for similar choices as your meals. Carry baggies, tupperware, and utensils with you. Applegate deli meats, canned salmon, carrots, celery, and bell pepper all travel well. Nuts in moderation and oranges or apples are convenient. If you feel the need to snack try drinking water first.

## 4 Water, Water, Every Where

Drink zero calorie beverages only. Black coffee and unsweetened herbal teas on occasion as well. Avoid fruits juices, milk, soda, and other calorie laden beverages. They provide little not no nutritional value, do not keep you full, and severely spike blood sugar. If you are bored with water try fresh lemon/lime/or sliced berries to add some flavor.

## 5 Set Yourself Up For Success By Being Prepared

The determining factor in your success is you and you alone. If you want to achieve your health and wellness goals it comes down to developing healthy habits and displaying them consistently. Cook food in advance, in bulk 1-2 days a week or get up early or stay up a bit later to prep food. Keep healthy meals or snack options at work or in your car. Perform a kitchen maker-over by throwing out the bad and bringing in the good. Good rule of thumb. If it has more than 3 ingredients or you can't pronounce one of them... chuck it.



## RESOURCES

Real Food Chart  
Habit Tracker  
Healthy Habit Guide  
Gluten Guide  
Never Drink Calories