

5 - Healthy Eating Habits Cheat Sheet

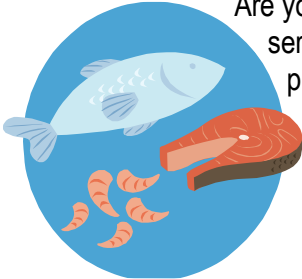
Answer each question according to the 5 Habits...



1. When did you last eat?

If it's been longer than 2-4 hours, it's time to eat.

2. Where is the complete protein?



Are you about to eat at least 1 serving (20-30 g) of complete protein? If not, find some protein. Women get 1 serving and men get 2 (about the size of your palm)

3. Where are the veggies?

Are you about to eat at least 2



servings of veggies? Prepare them any way you like, but eat them with every meal or snack. (One serving is about 1/2-1 cup and your target is 5-10 cups per day).

4. Where are the carbs?



If you have fat to lose but haven't just worked out, put down the pasta, bread, rice, and other starchy carbs. Opt for a double serving of fruits and veggies instead. If you have just worked out, a mix of carb sources is fine.

5. Where are your fats coming from?

Today you need some fat from animal foods, from olive oil, from mixed nuts, and from flaxseeds/ flaxseed oil or fish oil. Spread them throughout the day but make sure to add them in.

