

# FOOD GUIDELINES

Planning your meals is easy. For each **meal** include:

- One food from the Proteins list.
- One food from the Fats list.
- Two or more foods from the Low carbohydrates list.

**If losing weight**, each day you can include: (Only If Losing Weight)

- One food from the Moderate carbs list. (Phase 2)
- One food from the Higher carbs list. (Phase 3)
- One food from the Highest carbs list. (Phase 4)

Your two protein shakes per day help you lose weight without hunger.

## When to eat

|   | Meal 1        | Morning<br>Snack | Meal 2    | Afternoon<br>Snack | Meal 3    |
|---|---------------|------------------|-----------|--------------------|-----------|
|   | Protein       | Protein<br>shake | Protein   | Protein<br>shake   | Protein   |
|   | Fat           |                  | Fat       |                    | Fat       |
| 1 | Low carbs     |                  | Low carbs |                    | Low carbs |
| 2 | Moderate carb |                  |           |                    |           |
| 3 | Higher carb   |                  |           |                    |           |
| 4 | Highest carb  |                  |           |                    |           |

## Notes

- You can add the moderate, higher, and highest carb servings to any meal or meals.
- Continue to plan your meals and snacks in advance by writing in this Planner.
- If a planned meal or snack changes, record the change.