

# FOOD GUIDELINES

Planning your meals is easy. For each **meal**, simply choose:

- One food from the Proteins list on page 11.
- One food from the Fats list on page 12.
- Two or more foods from the Low carbohydrates list on page 13.

Your protein snacks help you reduce cravings and hunger.

## When to eat

Meal 1	Morning Snack	Meal 2	Afternoon Snack	Meal 3
Protein	Protein snack	Protein	Protein snack	Protein
Fat		Fat		Fat
Low carbs		Low carbs		Low carbs

## Meal Timing

- Aim to eat your meals and snacks within 12 hours or less.

## Protein snacks in Phase 1

- Each day at mid-morning and mid-afternoon have the recommended protein shake. Mix with water, ice and, if desired, 1 Tbsp cream.
- Carbohydrates (e.g. fruit) should not be eaten between meals.

## Important

- Only consume foods, drinks, and snacks listed in this Daily Planner. If it is not listed, it should not be consumed yet.
- Write your meals and snacks into this Daily Planner in advance.
- If you make any change to your plan, record what you ate or drank.