

# 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.

Plus, **each day** include:

- One food from the Moderate carbs list on page 14.

Your two snacks a day help you lose weight without hunger.

**When to eat** *Aim to eat all meals & snacks within 12 hours or less*

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
Moderate carb				

## Protein Snacks in Phase 2

- Each day at mid-morning and mid-afternoon, you'll be eating a protein bar serve or drinking a protein shake mixed with water and ice. You may like to add 1 Tbsp cream to your shake.
- The protein snacks are not to be used to replace main meals.
- 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.