

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.
- One food from the Higher 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				
Higher carb				

Notes

- You can add the moderate and higher carb servings to any meal or meals.
- Between-meal snacks should not be used as meal replacements.
- Carbohydrates (eg fruit) should not be eaten as a snack.
- The serving size listed in your Daily Planner should be used as a guide. While you continue to lose weight, there is no need to weigh or measure your servings.