



# EATING GUIDELINES

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- Intermittent Fasting (14-16 hour fasting window)
- Allow at least 2 hours between meals
- Begin day with hot water with lemon and ACV (optional pinch of sea salt)
- Protein requirement - 1 gram per pound of body weight (divide between 3-4 meals)
- Protein with every meal
- Healthy fats with every meal
- Limit carbs - eat only complex carbs and eat carbs only at dinner
- The Perfect Plate:  $\frac{1}{2}$  plate in non-starchy veggies;  $\frac{1}{4}$  plate in starchy veggies;  $\frac{1}{4}$  plate in protein; 2-3 Tbsp healthy fat
- Greens with at least 2 meals per day
- Eat a more alkaline, anti-inflammatory diet (see food list)
- Stay hydrated - drink  $\frac{1}{2}$  body weight in ounces of water (add lemon whenever possible)
- Do not drink with meals
- Chew food thoroughly (digestion begins in the mouth)
- Optional : 1 cup of bone broth per day
- Take supplements daily