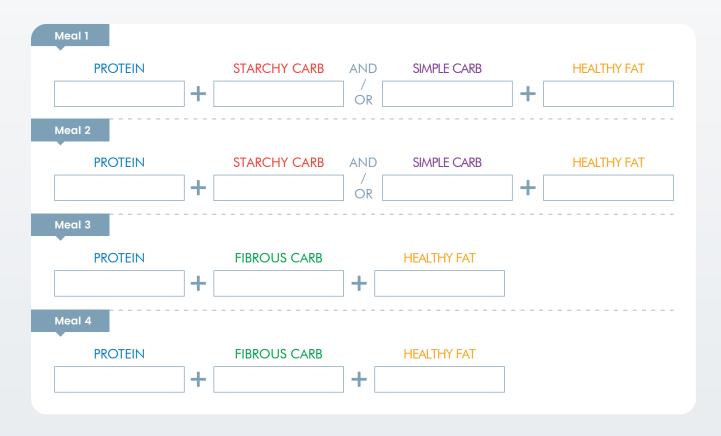
4 Meal Guidelines



Important Notes:

- A "meal" can be a small snack, just be sure to follow the above guidelines and stop eating when comfortably full.
- It's okay to have fibrous carbs at meals 1 and 2 in addition to starchy and/or simple carbs.
- It's okay if you have a little starchy or simple carbs at meals 3 and 4 once in a while IF they're natural (not processed) and you have protein and healthy fat with them.
- Some foods high in protein also include healthy fat, such as eggs and salmon, so they can count as both.