

# 4 Meal Guidelines

## Meal 1

PROTEIN + STARCHY CARB AND / OR SIMPLE CARB + HEALTHY FAT

## Meal 2

PROTEIN + STARCHY CARB AND / OR SIMPLE CARB + HEALTHY FAT

## Meal 3

PROTEIN + FIBROUS CARB + HEALTHY FAT

## Meal 4

PROTEIN + FIBROUS CARB + HEALTHY FAT

## 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.