

# 5 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 + STARCHY CARB AND / OR SIMPLE CARB + FIBROUS CARB + HEALTHY FAT

## Meal 4

PROTEIN + FIBROUS CARB + HEALTHY FAT

## Meal 5

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 4 and 5 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.