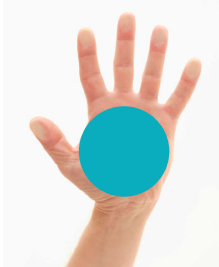


EATING GUIDELINES

How to build your plate



PROTEIN

The full size of your palm

1. PICK YOUR PROTEIN - 1 full palm size portion with every meal

- 1 palm-size piece animal protein, pasture raised
- 1 small can tuna, salmon or sardines (wild-caught)
- 2 slices bacon (pasture raised)
- 3 eggs (free range)
- 1 scoop (30g) protein powder*

* select a whey protein isolate [WPI] or vegan/pea protein
e.g. Bare Blends or Protein Supplies Australia



VEGETABLES

As many as you like

2. NON-STARCHY VEGETABLES - As many as you like, at least 2 cups with every meal

- Artichoke, Asparagus, Bok Choy, Broccoli, Brussels sprouts, Cabbage, Capsicum, Carrots, Cauliflower, Celery, Eggplant, Fennel, Kale, Leek, Lettuce, Mushroom, Onion, Pumpkin, Spinach, Squash, Tomato, Zucchini

NB Aim for 80% greens, 20% other coloured vegetables

* avoid corn (a grain) and try to only have beans and peas occasionally (legumes)



FATS

The size of your thumb

3. HEALTHY FATS - 1 thumb size portion with every meal

- 1/4 large avocado
- butter or ghee (grass fed)
- nuts and/or seeds
- oil e.g. coconut, macadamia or extra virgin olive oil
- 75ml coconut cream or coconut milk



CARBS

The size of your closed fist

4. COMPLEX CARBOHYDRATES - 1 closed fist size portion with meals optional or after training

- 1 piece fruit e.g. banana, apple, orange
- starchy vegetables e.g. sweet potato
- quinoa, buckwheat, brown rice (portion size measured cooked)