

E.A.T.4life Eating Schedule

Breakfast: 2 carbohydrates, 1 protein (optional), 1 vegetable (optional)
Brunch: 1 protein, 1 carbohydrate, 1 vegetable
Lunch: 1 protein, 1 carbohydrate, 1 vegetable
Snack (before 3:00): 1 fruit or vegetable
Dinner: 1 protein, 1 vegetable (one that is higher in protein, if possible, but not necessary), 1 carbohydrate/protein (optional)
Snack: 1 protein that is higher in fat (nuts and seeds)
Water intake = half your body weight in ounces

Serving size is the size of your hand! You've heard the old saying that sometimes your eyes are bigger than your stomach. Well, your heart is the size of your hand, or I should say, "fist". So eat your heart out! Remember: the size is the size of your fist, unless you are eating a piece of bread, and then it's the size of your open hand.

Please consult your physician before beginning this, or any, exercise/nutrition plan

CARBOHYDRATES

Rice- wild, brown, jasmine, basmati
 Whole grain pasta
 Barley
 Bulgur (cracked wheat)
 Amaranth*
 Rye
 Spelt
 Whole grain- breads, cereals, and tortillas
 Millet*
 Buckwheat*
 Grits
 Steel Cut Oats
 Quinoa*
 Tomato
 Apple
 Strawberries
 Blueberries
 Blackberries
 Raspberries
 Cantaloupe
 Honeydew melon
 Watermelon
 Banana
 Apricot
 Cherries
 Fresh coconut
 Plum
 Yellow plum
 Pluot
 Kiwi
 Grapefruit
 Lime
 Lemon
 Peach
 Pear
 Orange
 Tangerine
 Clementine
 Nectarine
 Prune
 Pineapple

PROTEIN

Organic chicken breast
 Organic turkey breast
 Organic, lean ground turkey
 Dolphin-safe tuna (canned chunk light** or canned Albacore*)
 Salmon (Wild)
 Cod (Wild Alaskan)**
 Ocean Perch (Wild)
 Tilapia
 Halibut (Wild Pacific and Atlantic)**
 Mahi Mahi**
 Snapper (Wild)**
 Freshwater Trout
 Walleye
 Whitefish
 Lean, ground organic beef***
 Lean, organic top-sirloin steak***
 Organic, free-range chicken eggs(1 yolk:3 whites)

*no more than 3 servings/month
 **no more than 6 servings/month
 ***eat red meat very seldom

PROTEINS HIGH IN FAT Nuts and Seeds

Serving size=small handful

Almonds
 Pine nuts
 Flaxseeds
 Macadamia nuts
 Hazelnuts
 Walnuts
 Pumpkin seeds
 Sesame seeds
 Sunflower seeds
 Pistachios

VEGETABLES (also Carbohydrate) *(Highest in Calcium in descending order)

Collard (leaves)
 Kale (leaves)
 Collard (stems)
 Parsley
 Dandelion greens
 Mustard greens
 Kale (stems)
 Beet greens
 Broccoli
 Fennel
 Okra
 Chives
 Lettuce (loose-leaf)
 Leek
 Green onion
 Artichoke
 Red cabbage
 Celery
 Brussels sprouts
 Garlic
 Cucumber
 Asparagus
 Alfalfa sprouts
 Arugula
 Green beans
 Spinach
 Snap peas
 Snow peas/peapods
 Wheat grass
 Zucchini
 Beets
 Cabbage lettuce
 Cauliflower
 Eggplant
 Onions
 Scallions
 Parsnips
 Jicama
 Radish
 Green/Red/Yellow Peppers
 Jalapeño pepper
 Red/Green chilies
 Soy sprouts
 Turnip
 Kohlrabi
 Rutabaga
 Basil
 Cilantro

VEGETABLES HIGHEST IN PROTEIN

Alfalfa sprouts
 Artichoke
 Broccoli
 Brussels sprouts
 Collard (leaves)
 Kale (leaves)
 Green Leaf Lettuce
 Parsley
 Spinach
 Turnip greens
 Beans: soybeans

VEGETABLES HIGHEST IN CARBOHYDRATES

Corn
 Potatoes
 Squash
 Yams
 Sweet potatoes
 Spaghetti Squash
 Carrots

FATS (1T. Per day)

Sunflower oil
 Sesame oil
 Borage oil
 Evening primrose oil
 Marine lipids (molecularly distilled fish oils)
 Organic, extra-virgin cold-pressed olive oil, grape seed oil or flaxseed oil
 Raw, organic almond butter
 Avocado (organic)
 Fresh Coconut (organic)
 Organic, extra-virgin coconut oil

What's HOT... What's NOT

Sea salt vs. Table salt
 Stevia vs. Sugar
 Bragg's Amino Acids vs. Soy Sauce
 Organic Almond Butter vs. Peanut Butter
 Rice Milk or Coconut Milk vs. Cow's Milk
 Brown vs. White (bread, pasta, etc.)

CARBOHYDRATE/PROTEIN

Chickpeas
 Lentil beans
 Lima beans
 Garbanzo beans
 Kidney beans
 Black beans
 Edamame
 Pinto beans
 White beans (Navy beans)

Official Hit List (Foods to Avoid):

Pork	Shellfish	Artificial Sweeteners
Fast food	Caffeine	Hydrogenated Oils
Table salt	Refined Sugar	White flour products
Palm oils	Nondairy creamers	Dairy products
Vegetable Oils (Unless currently listed)	MSG-or artificial/natural flavorings	
Fruit Juice (unless freshly juiced and in small quantity and only 1 time/day — preferably in the morning)	Additives, colorings, preservatives	
High Fructose Corn Syrup		

Once a week you can "exercise your free-W.I.L.L. to eat" (free-whatever I like/love to eat) by having a **free-W.I.L.L. day**. This means that whatever you would like to eat that is not listed (except maybe on the "Official Hit List"), you are free to indulge, as you would choose.

I will H.I.T. My Goal(s)!

My specific goal for the next 4/12 weeks is/are:

I expect _____
_____ in the next 4/12 weeks!

Why I want to accomplish my goals and how it will make me feel to accomplish my goals (Be as specific, graphic and emotional as possible): _____

What I will receive/gain from being my best and reaching my goals (My tangible reward): _____

What has the potential of getting in the way of me reaching my goal(s)? _____

What I will do to prevent it from sabotaging my success: _____

My action plan/commitment to H.I.T. my goals:

Starting _____, I will: _____
(Date)

I commit to being my best!

Signed: _____ Date: _____