

## EATING – FOR – LIFE

PROTEINS	CARBOHYDRATES	VEGETABLES
CHICKEN BREAST	BAKED POTATO	BROCCOLI
TURKEY BREAST	SWEET POTATO	ASPARAGAS
HADDOCK	SQUASH	LETTUCE
SALMON	PUMPKIN	CARROTS
TUNA	STEAMED BROWN RICE	CAULIFLOWER
CRAB	STEAMED WILD RICE	GREEN BEANS
LOBSTER	PASTA	GREEN PEPPERS
SHRIMP	OATS	MUSHROOMS
TOP ROUND STEAK	BEANS	SPINACH
SIRLOIN STEAK	CORN	TOMATO
LEAN BEEF	STRAWBERRIES	PEAS
LEAN HAM	MELON	BRUSSEL SPROUTS
EGG WHITES OR SUBSTITUTE	APPLE	ARTICHOTES
LOW FAT / F.F. COTTAGE CHEESE	ORANGE	CABBAGE
WHEY	BANANA	CELERY
SOYA	FAT FREE YOGURT	ZUCCHINI
LENTILS / SPLIT PEAS	W/W BREAD	CUCUMBER
	PINEAPPLE	ONIONS
	PAW-PAW	MIXED VEG

- CHOOSE A PORTION OF PROTEIN AND CARBOHYDRATES FROM EACH COLUMN TO MAKE A MEAL.
- ADD A PORTION OF VEGETABLES TO TWO OF YOUR DAILY MEALS.
- EAT 5-6 SMALL MEALS DAILY, ONE EVERY 2-3 HOURS. USE MEAL REPLACEMENT SHAKES FOR 1-3 MEALS.
- A PORTION IS THE AMOUNT OF AUTHORISED FOOD APPROXIMATELY THE SIZE OF THE PALM OF YOUR HAND OR YOUR CLENCHED FIST. BANANAS, APPLES ORANGES ARE PERFECT EXAMPLES OF A PORTION.
- DRINK AT LEAST 10 GLASSES OF WATER DAILY.
- CONSUME 1 TABLESPOON OF UNSATURATED FAT DAILY OR 3 PORTIONS SALMON PER WEEK.
- PLAN YOUR GROCERY LIST.
- ONCE A WEEK, ON YOUR FREE DAY, EAT WHATEVER YOU WANT.
- EATING MORE FREQUENTLY WILL HELP SPEED UP YOUR METABOLISM AND HELP REDUCE BODY FAT.
- DO 20-35 MINUTES OF CARDIOVASCULAR EXERCISE 3 X PER WEEK.

- 1) BREAKFAST = 1 PROTEIN & 1 CARBOHYDRATE
- 2) TEA SNACK = 1 PROTEIN & 1 CARBOHYDRATE
- 3) LUNCH = 1 PROTEIN, 1 CARBOHYDRATE & PORTION OF VEGETABLES
- 4) AFTERNOON SNACK = 1 PROTEIN & 1 CARBOHYDRATE
- 5) DINNER = 1 PROTEIN & VEG/SALAD