

# Eat Well Nutrition

## Cheat Sheet Nutrition Guide

Follow this guide step 1 to step 7 each day

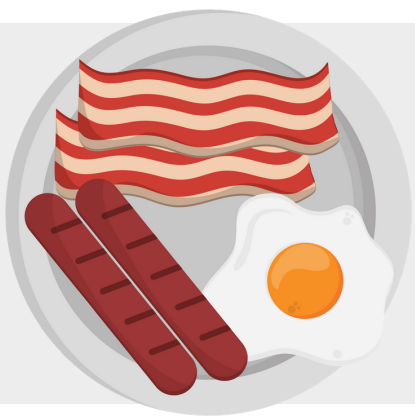


### 1. 16 HOUR WINDOW

Start eating 16 hours after your last meal.  
This will likely be between 11am and 1pm.

### 2. DRINK BLACK COFFEE /GREEN TEA

Consume coffee with 1-2 T of coconut oil/Ghee until you break your fast. (2 cups maximum)

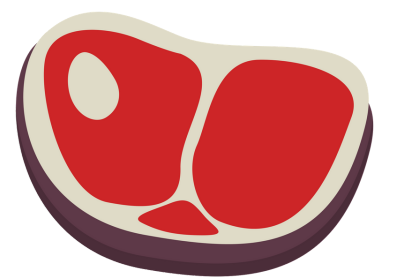


### 3. MEAL 1 - DELAYED BREAKFAST

Your first meal of the day should be protein, fats, veggie/fiber from real food ( very little sugar)

### 4. MEAL 2: LUNCH

Your afternoon meal should consist of protein, carbs & fiber from real food (no junk).

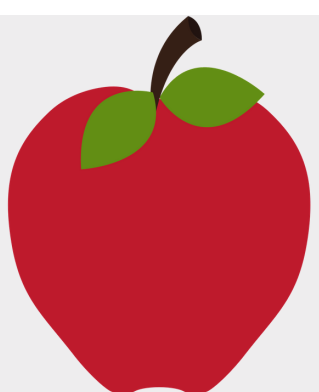


### 5. GREEN TEA

Drink green tea and tap water throughout the rest of the day.

### 6. MEAL 3: CARBS, FATS & PROTEIN

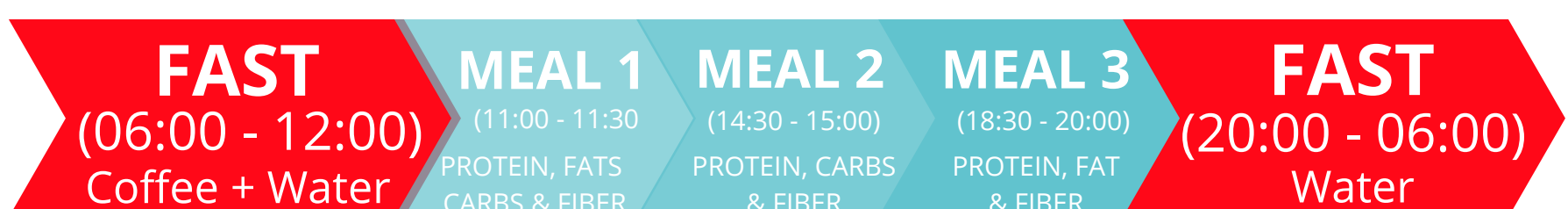
Your evening meal should consist of protein, fat, carbs & fiber from real food (no junk).



### 7. SNACKING

Eat light for Meal 1 and a larger meal at dinner.  
Low-Sugar Fruit is allowed as a snack between meals.

## EXAMPLE EATING SCHEDULE



# Eat Well Nutrition

## Cheat Sheet Food List What You Can & Can't Eat

### GOLDEN RULES

1. Just eat REAL FOOD.
2. If it's processed skip it.
3. If your grandparents can't recognize it. Skip it!

### PROTEIN

Chicken Breast  
Chicken Thighs (Skin Removed)  
Turkey Breast  
Turkey Thighs (Skin Removed)  
Beef Mince (<10% Fat)  
Beef Steaks (Fat Removed)  
Beef Fillet  
Beef Brisket  
Beef Roasting Joint (Fat Removed)  
Lamb Steaks (Fat Removed)  
Lamb's Neck Fillet  
Lamb Leg (Fat Removed)  
Lamb Shoulder (Fat Removed)  
Pork Steaks (Fat Removed)  
Pork Chops (Fat Removed)  
Pork Tenderloin Fillet  
Kidney (All Sources)  
Liver (All Sources)  
White Fish (All Sources)  
Shellfish (All Sources)  
Tuna Tofu / Quorn  
Mackerel  
Sardines  
Salmon  
Herring  
Anchovies

### CARBOHYDRATE

Sweet Potatoes  
Parsnips  
Pumpkin  
Carrots  
Turnips  
Butternut Squash  
Rice  
Oats  
Quinoa  
Bulgur Wheat  
Polenta Amaranth  
Buckwheat  
Spelt  
Beans  
Lentils  
Chickpeas

### VEGGIE / FIBER

Artichoke  
Asparagus  
Aubergine  
Beans  
Beetroot  
Bok Choy  
Broccoli  
Brussel Sprouts  
Cabbage  
Carrots  
Cauliflower  
Celery  
Chillies  
Collards  
Corn  
Courgette  
Cucumber  
Fennel  
Garlic  
Greens  
Ginger  
Herbs  
Mushrooms  
Kale  
Leeks  
Lettuce  
Okra  
Onions  
Peas  
Peppers  
Radish  
Snap Peas  
Spinach  
Tomatoes

### FATS

Extra Virgin Olive Oil  
Extra Virgin Coconut Oil  
Avocado oil  
Butter / Ghee  
Cream  
Hard Cheeses  
Full Fat Yoghurt  
Nuts  
Seeds  
Nut Butters  
Avocados  
Olives



# Eat Well Nutrition

## Meal Plan Builder

### BREAK - FAST (11AM)

CHOOSE ONE PROTEIN

CHOOSE ONE VEGGIE/FIBER

CHOOSE ONE HEALTHY FAT



Had a tough workout?  
Add in a fruit or starch to your  
post-workout meal!

### LUNCH (2PM)

CHOOSE ONE PROTEIN

CHOOSE ONE VEGGIE

CHOOSE ONE HEALTHY FAT

CHOOSE ONE STARCH (optional)



What about snacks?  
Stick to mostly protein or veggies.  
Fruit makes for a good snack but  
try to limit yourself to 1 servings /  
day

### DINNER (6PM)

CHOOSE ONE  
PROTEIN

CHOOSE ONE VEGGIE

CHOOSE ONE HEALTHY FAT

CHOOSE ONE STARCH (optional)



Why is Starch Optional?  
Starches can be good for overall  
health and energy, however how  
much you need will depend on your  
activity level. If your goal is weight  
loss, limit yourself to one meal with  
starch. If your goal is maintenance,  
depending on your training  
intensity, you can consume starch  
with all three meals.



# Maximize YOUR METABOLISM!



As you can see, your metabolism is an incredibly complex process that involves a lot of different factors!

Remember the really great news is that **YOU HAVE CONTROL** over most of them ... and when you shift your lifestyle to boost your metabolism... you'll feel more energized, focused, and **ALIVE!**

We're thrilled to be a part of this journey with you.

## YOUR NEXT STEP:

Join Our Guaranteed Results VIP Program

The first step is to book your free coaching call. We will layout a customized plan that is guaranteed to get your results quickly and permanently.

Book your free call today, spots are limited.

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