

## Discovering the right balance for YOUR Body

The EnergyFirst lifestyle is all about getting the right foods in the right balance, for YOUR body. There is no such thing as 1-size-fits-all. We are all as individual as snow flakes, a term technically known as biological individuality. So what we give you is a starting point—healthy foods from which to choose in a basic balance—and, from there, listen to your body to fine-tune the balance and type of foods you are eating to suit your body. Here are some helpful hints:

If you are:

- **Hungry,**
- **Lacking energy,**
- **Mentally foggy, or**
- **Craving sweets**

1 to 2 hours after a meal, your body is letting you know you did not get the right combination of protein, fat, and carbohydrate for the meal.

**Try the following fine-tuning points for your next meal –**

- **INCREASE your LEAN PROTEIN PORTION**  
Are you getting enough lean, high quality protein—at least a fist-sized portion? Did you eat the protein in your meal first? Protein fills you up and keeps your blood sugar stable, reducing cravings and overeating.)
- **Are you including your ESSENTIAL FAT PORTION?**  
Fats/oils containing essential fatty acids enhance your metabolism and help slow the release of glucose from the carbohydrates into your blood stream. Be sure to include at least 1 tablespoon of raw seed oil, ¼ cup raw nuts or seeds, or 1/3 avocado at least 3 meals per day.
- **DECREASE your CARBOHYDRATE PORTION**  
Are you exceeding your 1 serving of carbohydrates per meal?
- **CHANGE your CARBOHYDRATE PORTION**  
Choose vegetables rather than grains pasta, bread, or rice.  
Choose high fiber vegetables or fruit rather than low fiber, starchy vegetables or fruit (e.g. choose berries instead of a banana, green vegetables instead of potatoes, apples instead of pineapple.)

Then listen to your body again. If you feel energized, mentally focused, positive, and satisfied for 3 to 4 hours after your meal, you know you have got the right combination for your body.

**Chart Your Progress:** The best way to track how your meals are working for your body is to fill out the **Daily Health Diary (in the evaluation section)**. Complete the details of every meal and snack you eat, and how you felt upon rising, going to bed, and before and after each meal. This will help you get the right combination of macronutrients for your body.