

ENERGIZING MEAL AND SNACK GUIDE

75% of the **EnergyFirst Lifestyle Program** is attributed to nutrition—clean, balanced, nutrition. This means you will get the most benefit from simply changing what you eat every day. Eating the right combination of the three macronutrients—proteins, fats, and carbohydrates—for your body, will ensure stable blood sugar, optimal fat burning, consistently high energy levels, and healthy levels of cholesterol. It is also essential to stay hydrated, drinking enough pure water for your body consistently throughout the day. Here are the keys to clean, balanced eating for optimal energy, fat burning, and health, your nutrition essentials!

Eat PROACTIVELY. Eat at least every 4 hours – 4-6 small meals/snacks a day. If you are hungry, your blood sugar is low i.e. you are hypoglycemic, your brain is starving for fuel, and you will crave sugar and make poor food decisions. Never skip meals. Always eat breakfast (e.g. an EnergyFirst Shake). Eating regularly raises your metabolism and increases fat burning. Also remember, if you are going to have a “cheat meal” do so outside of your home. Keep your house clean of “off program” foods. This will help you stay “on program” most of the time.

Eat 4-6 oz of LEAN PROTEIN at every meal. Protein is your greatest energizer, helps you burn fat for fuel, boosts your immune system, keeps your blood sugar stable, and forms the building blocks of your lean muscle mass and feel-good, energizing brain chemicals. It is essential that you include some lean protein every meal. Examples: fish, eggs, egg whites, chicken breast (no-skin), free range beef, wild game, turkey, shellfish, whey protein powder (whey isolate is best), low fat cottage cheese, and non-fat dairy.

Eat 1 serving ESSENTIAL FATS 3 times a day. Essential fats are fats containing essential fatty acids omega 3 and 6. These fats boost your immunity against disease, enhance your metabolism, reduce inflammation, reduce blood pressure and cholesterol, and help balance your hormones. 1 serving = 1-2 tablespoons oil or ¼ cup nuts or seeds. Examples include: raw nuts (almonds, cashews, walnuts, pecans), raw seeds (a raw flax, sunflower, sesame, and pumpkin seed blend is best), raw seed oils (a raw flax, sesame, sunflower, and pumpkin seed blend is best), avocado, extra virgin olive oil.

Avoid Processed Carbohydrates and Emphasize Unprocessed Carbohydrates. Limit carbohydrates to 1 serving per meal. Limit, if not eliminate, processed carbohydrates including sugar, honey, and other sweeteners, cakes, white bread, breakfast cereals (except old fashioned oatmeal), white bread and other white flour products, white rice, white pasta, and other processed grains, dried fruit, granola, muesli, chips, jams, and jellies. These foods spike your blood sugar and raise insulin levels, promoting fat storage, insulin sensitivity, high cholesterol and triglycerides, and diabetes. Emphasize unprocessed, high-fiber carbohydrates like non-starchy vegetables (all green, yellow, red, orange vegetables – except white potatoes), fruit (fresh or frozen), whole grains (brown rice, old fashioned oatmeal, kamut, barley, cracked wheat, quinoa) and legumes (lentils, beans, peas). Limit to 1 serving of unprocessed carbohydrates per meal = 2-3 cups of non-starchy vegetables; OR 1 cup of whole grains; OR 1 cup of legumes; OR 1 slice whole grain bread; OR 1 cup fresh or frozen fruit.

Always COMBINE CARBOHYDRATES with lean protein and/or good fats/oils. E.g. Salmon and asparagus. Fruit and raw nut butter. Chicken salad with oil & vinegar dressing. *Why?* The lean protein and good fat slow down the conversion of the carbohydrates into glucose in your blood stream, making them time-released, therefore keeping your blood sugar stable, and

controlling the release of insulin. You can eat lean protein or good fats/oils alone. E.g. a handful of raw nuts or seeds. Lean Protein and good fats/oils do not disrupt your blood sugar.

Build your main meals with at least 4-6 ounces of lean protein (“a fist”), 1-2 tablespoons of good fats/oils (“a thumb”), and 1 cup of good (unprocessed) carbohydrates (“a fist”) (Remember: “a fist, a thumb and a fist”). When you are putting together a meal, always first ask yourself “where is my lean protein?” If you are a larger or more active person you may need “two fists” of lean protein. Listen to your body and fine-tune your meals based on what works for your body. If you are still hungry after a meal, eat more protein, not more carbohydrates. If you are very carbohydrate sensitive, like a diabetic, or someone with high cholesterol, you will get the best results sticking with non-starchy vegetables for your carbohydrate portion.