

## **WEAR YOUR HAT AND EAT YOUR FOOD!**

### **BREAK YOUR FAST**

- Eat 1 Protein in the first ½ hour of your day – this Protein does not count as breakfast!

**REMEMBER\*** No fluids 1/2 hour before, during and after **MAIN MEALS**

### **BRUNCH**

Have breakfast like a KING.

- NO LIQUID
- 1 Protein
- Vegetables
- 1 Fat
- 1 Carbohydrate

Or REPLACE with Meal Shake or Veggies

### **SNACK**

Ladies 1 fruit, men 2 fruits

**CUT-OFF TIME\*** NONE carbs after the first 4 hours of your day.

### **LUNCH**

Have lunch like a PRINCE/PRINCESS.

- NO LIQUID
- 1 Protein
- Vegetables

- 1 Fat

Or REPLACE with Meal Shake or Veggies

### **SNACK**

Vegetables

**CUT-OFF TIME\*** NO FAT after the first 8 hours of your day.

### **DINNER**

Eat dinner like a BUM.

- NO LIQUID
- 1 Protein
- Vegetables

Or REPLACE with Meal Shake or Veggies

### **SNACK**

Vegetables

**CUT-OFF TIME\*** NONE proteins after the first 12 hours of your day