

CORE FOOD PLAN

EATING TIPS

WHAT:

Colorful vegetables and fruits
Lean protein
Healthy fats
Fiber-rich foods, 25-35g/day
Protein and fat with each meal
Organic foods

HOW MUCH:

Small, frequent meals
3 meals, 2 snacks
Appropriate portions
MINIMUM per day:

- Legumes, 1 serving
- Nuts & Seeds, 1 serving
- Vegetables and Fruits:
1 red, 1 orange, 1 yellow,
1 green, 1 blue-purple

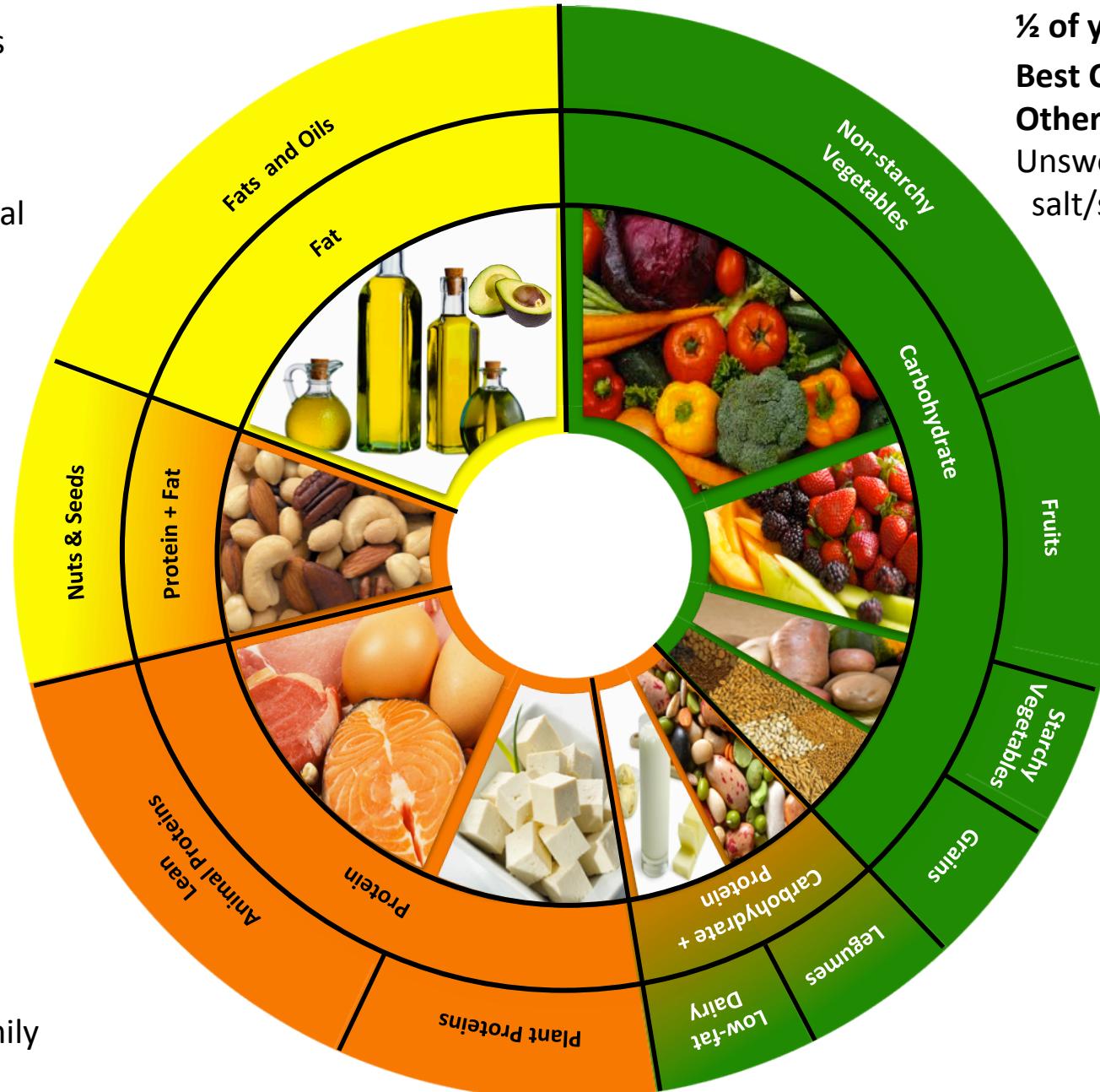
WHEN:

Start the day with breakfast
Approximately every 3 hours

HOW:

Enjoy your food
Eat mindfully, peacefully
Share meals with friends/family

DAILY FOOD INTAKE



DAILY FLUID INTAKE

$\frac{1}{2}$ of your desirable weight (lbs) in ounces

Best Choice: Purified water

Other Options:

Unsweetened beverages low in salt/sodium and caffeine

