

Eating To Thrive - The Basics To Get Started



If you're navigating this journey on your own and feel overwhelmed with where to start, keeping it simple with nutrition in the beginning is usually the best way. As you continue to read through this book, you'll learn so much more but use the basic pillars below to get started:

- 3-5 servings of fruits and vegetables per day (minimum).
- Protein and fiber at every meal. (Fiber: fruits/veggies, beans/legumes, chia seeds, nuts, sweet potatoes).
- Start your day with protein that contains the 9 essential amino acids. You'll feel fuller longer and will end up eating less throughout the day. (Fish, poultry, eggs, beef, tofu, tempeh, chia seeds).
- Aim for your desired body weight in protein grams daily. (Example: you desire to weigh 145 pounds, shoot for 145 grams of protein per day).
- Strive for organic vegetables and protein where possible. Avoid factory farmed meat.
- Limit alcohol, especially hard alcohol.
- Avoid industrialized seed oils such as canola, sunflower, safflower and soy. Opt for cold pressed, organic oils such as olive, avocado and coconut. Grass fed butter and ghee are also great.

MACRONUTRIENTS



CARBS



PROTEIN



FATS

A basic macro breakdown that can work for most people is 40% protein, 30% carbohydrates and 30% fat. Start here and adjustments can always be made.