



The Golden Rules of Fat Loss

- 1) Fuel your body every 3 hours with a balanced meal or snack
- 2) Sleep a minimum of 7 hours per night
- 3) Drink 8 glasses of water each day
- 4) Limit alcohol intake to two drinks per week
- 5) Avoid refined and processed foods limiting intake of the white stuff including sugar, white flour, white rice. Choose complex carbohydrates as much as possible.
- 6) Don't double starch at any meal
- 7) Eat a balanced breakfast within one hour of waking up that includes 20 grams of protein
- 8) Eat 5-8 servings of fruit or vegetables every day. Limit fruit to 2 servings per day.
- 9) Limit caffeine intake to 2 cups per day. Avoid all caffeine after noon.
- 10) Choose one day per week that you can treat yourself with one of your favourite naughty foods within reason.
- 11) Do not jump on the scale more than once per week.
- 12) Honor your energy levels by limiting obligations or 'shoulds' on days you experience high stress levels
- 13) Make restorative activities as important as ass kicking workouts.