



Your Food Guidance

Food & Life Recommendations

To do's:

- Eat 3 main meals a day: breakfast, lunch and dinner.
- One side of your plate should be carb / fat based fruits & vegetables.
- One side should be a vegetarian protein source.
- Eat wholefoods and organic foods.
- Drink 2.5L of water a day.
- Drink more than 2.5L of water a day on exercise days.
- Try to have a maximum of two snacks a day: protein bar, fruit or berries.
- Invest in weight-loss supplements.
- Include friends, family and work colleagues into your weight-loss goal.
- Get enough sleep: Men = 8 hours / Women = 9 hours.

To Avoid:

- Avoid exceeding the amount of calories your body needs.
- Avoid putting yourself in situations where you can not control yourself (parties, cafes etc...).
- Avoid added sugar, processed foods & sugar-filled drinks.
- Avoid alcohol.
- Avoid pastry.
- Do not eat less than 1,200kcal a day without speaking with your doctor first.

Your Plate Portions

Top notes from the picture:

- One side of your plate is protein.
- One side of your plate is vegetables, fruits or similar.
- Always ask, "is this a 'me-size' meal?"

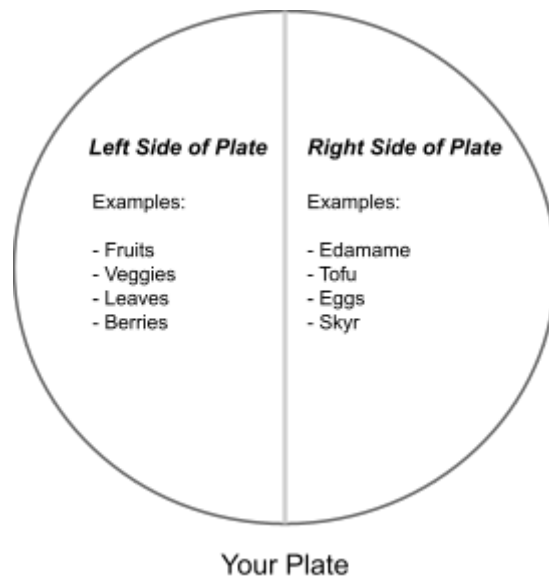


In the picture, I am recommending the following:

- one side of your plate should be foods that are your fruits, vegetables or of that nature.

- one side of your plate should be foods that are high in protein.

*please use a human-sized plate.



Portion / Measurement terms for the diet guidance on page 4:

Any number between 1 - 10 means the amount (i.e. 10 berries, 2 eggs or 4 rations veggie bacon).

Half or ½ means about half the amount... (i.e. half an avocado or ½ a cup of tofu).

Hand long means approximately the length of your hand, from wrist to fingertips.

Cup means approximately 1 cup or half a standard mug.

Glass means approximately 200ml - 250ml.

Tbsp. means tablespoon.

Foods To Love

Suggested Carbs, Proteins & Fats

Left Side of Plate		Right Side of Plate
Carbs	Fats	Proteins
Vegetables	Eggs	Cottage Cheese
Fruits	Avocados	Veggie Bacon / Vegan Bacon
Berries	Almonds	Eggs
Chickpeas	Cashews	Tofu
Beans	Seeds	Quorn
Lentils	Walnuts	Cashews
Oats	Whole Milk	Skyr / Low Fat Yogurts / Milk
Oat Milk	Pistachios	Lentils / Edamame
	Olives	Soybeans / White or Black Beans
	Olive Oil	Peanut Butter
		Almonds
		Lima Beans

LEFT SIDE of Plate: Top Fruits, Vegetables & Berries - Try to be as organic as possible.

Vegetables	Fruits	Berries
Spinach	Bananas	Blackberries
Celery	Oranges	Strawberries
Avocados	Apples	Raspberries
Sweet Corn	Grapes	Blueberries
Cabbage	Peaches	Cranberries
Onions	Cherries	
Peas	Pears	
Asparagus	Tomatoes	
Mushrooms	Bell Peppers	
Cauliflower	Pineapples	
Rocket	Berries	
Carrots	Kiwis	

111 Different Day Plates - Vegetarian

Left Side of Plate - Choose One Option		Right Side of Plate - Choose One Option	
Breakfast	Option 1 - Fruit & Half Avocado	Option A - Veggie Bacon	3-4
	Option 2 - Fruit & 10 Nuts	Option B - Skyr (200g)	14 tbsp.
	Option 3 - Fruit & ½ cup oats	Option C - Eggs	2
	*Fruit can be fruit, berries or a healthy mix.	Option D - Milk	1 glass
		Option E - Peanut Butter	1 tbsp
Left Side of Plate - Choose One Option		Right Side of Plate - Choose One Option	
Lunch & Dinner	Option 1 - Vegetables & 10 Olives	Option A - Cottage Cheese	1 cup
	Option 2 - Vegetables & Half Avocado	Option B - Tofu	½ cup
	Option 3 - Vegetables & 10 Nuts	Option C - Eggs	2 eggs
	Option 4 - Vegetables & 10 Seeds	Option D - Quorn	1 cup
	Option 5 - Vegetables & Nuts-Seeds	Option E - Lentils	1 cup
	Option 6 - Cauliflower Mash	Option F - Edamame	1 cup
	Option 7 - Carrot & Parsnip Mash	Option G - Soybeans	⅓ cup
	Option 8 - Leafy Vegetables Only	Option H - White beans	1 cup
	Option I - Black beans	1 cup	
	Option J - Lima Beans	1 cup	
	Option K - Kidney Beans	½ cup	
	Option L - Cashew & Almond Mix	20 total	
Ok dressing & sauces...		Ok snacks...	
<ul style="list-style-type: none"> • Low sugar ketchup / Low calorie salsa • Soya sauce • Tzatziki • Mustard • Vinegar / Low sodium soy sauce • Guacamole • Any vegetarian Slender Chef dressing. • Any vegetarian low calorie or 0 calorie dressing. 		<ul style="list-style-type: none"> • Vegetarian protein bars (<5g of sugar per bar) • Any 1 fruit • 1 large carrot or 1 medium cucumber • 10 medium sized strawberries • 10 - 15 blackberries • 10 - 15 raspberries • 10 - 15 blueberries • 10 - 15 cranberries 	

Try this daily food routine...

Breakfast	Snack	Lunch	Dinner	Snack
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