

BALANCED MEAL FORMULA



LEAN PROTEIN



GOOD CHOICES

BEEF	LAMB
SALMON	PORK
FISH AND SEAFOOD	GREEK YOGURT
EGGS	LOW-CARB PROTEIN POWDER
TURKEY	WILD GAME
CHICKEN	

GUIDELINES

- Men should have 2 fists worth of protein at each meal. Women should have 1 fist.
- When using powders, men should have 2 scoops and women should have 1 scoop.
- Do your best to mix between as wide variety of proteins as possible each week for best results.

VEGETABLES



GOOD CHOICES

TOMATO	BRUSSELE SPROUTS
CUCUMBER	PEAS
BELL PEPPER	KALE
MUSHROOMS	SPINACH
BROCCOLI	ARUGUAL
ONION	BOK CHOY
GREEN BEANS	COLLARDS
SWISS CHARD	RADISHES
MUSTARD GREENS	JICAMA
ROMAINE LETTUCE	ASPARAGUS
CARROTS	SWEET POTATOES

GUIDELINES

- You can have an UNLIMITED amount of veggies at each meal and at anytime.
- I recommend starting your lunch and dinner meal with a big salad to help fill you up and leave less room for empty calories.
- Use the list of approved fats and salt and pepper to make veggies more palatable.

HEALTHY FAT



GOOD CHOICES

AVOCADO	UNSWEETENED NUTS
ORGANIC HALF AND HALF	NATURAL PEANUT BUTTER
OLIVE OIL	CHEESE (IN MODERATION)
AVOCADO OIL	
COCONUT OIL	

GUIDELINES

- For oils, men should use 1 TBSP and women should use 1/2 TBSP.
- For nuts, use a small handful.
- For peanut butter, men should use 2 TBSP and women should use 1 TBSP.
- Use cheese as little as possible.

LIQUIDS



GOOD CHOICES

WATER
COFFEE
TEA
ADVOCARE SPARK

GUIDELINES

- UNLIMITED amount of water, coffee, tea. Diet or zero calorie beverages can be used in moderation.
- Drink 1-2 cups of water before a meal for best results.
- Alcohol typically sabotages fat loss and best results will be achieved without it (limit to 1-3 drinks per week).