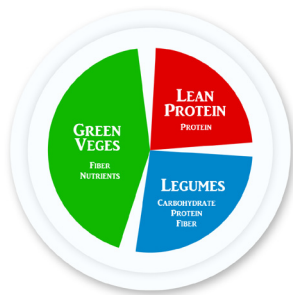


## MODULE 4 - MEAL TEMPLATE AND LIFESTYLE PRINCIPLES

### The Lifestyle

This Info Sheet gives you a look at the ideal lifestyle - BUT remember, no one has the ideal as their normal day to day experience! The key is to check how close to the ideal you are, and do your own personal best at being as close as you can be, when the rest of your commitments are factored in.

**Of course, if you're not getting the results you want, look at ways to get closer to the ideal, by making adjustments in your life.**



### The Meal Template

The ingredients of each meal are pretty straight forward, but when life gets busy, and shopping trips don't go as planned, you can find yourself deviating off course. If you spend a few days there or if you make adjustments over the weeks to include other items, soon your meals can look quite unlike what you see in the template here. Double check and adjust if necessary!

- Every meal needs: Beans/Lentils, Lean Protein, Green Veggies
- Eat every 4 hours.
- Eat at regular times day to day.
- Eat at least 25 grams protein at every meal.

### Mornings

- Eat 30g protein in your morning meal.
- Eat your morning meal within 30-60 minutes of waking up.

### Afternoon Off

- Enjoy a regular breakfast.
- Have a coffee and grapefruit juice mid-morning.
- Start with anything you feel like for lunch.
- Continue enjoyable foods through the afternoon and dinner.
- Stop when you go to bed.
- Include exercise if it's part of your lifestyle - in the mid afternoon.
- Drink plenty of water.
- Include 2 minute exercises around meal times.
- Drink lemon juice around meal times.

### Lifestyle Factors

- Drink 8-10 glasses water per day.
- Drink tea or coffee black (with cinnamon and/or vanilla if you like).
- Stick with complete meals (no protein shakes, meal replacement bars, etc).
- Keep physical and emotional stress to a minimum
- Find times to relax every day
- Include up to 2 resistance training sessions per week
- Include up to 2 other exercise sessions per week (ie interval training, team sport)
- Get 8-9 hours of sleep every night
- Maintain a regular bedtime
- Drink at most 2 alcoholic drinks on weeknights
- Only drink dry wine or vodka mixed with water (with lemon/lime if preferred)
- Measure once per week only
- Log all measurements including weights, in/cm
- Check trends every 4 weeks