

The Fit Chicks! Clean Eating Program

- Sources of Protein, 8 Food Rules, Master Meal Planning

Master Meal Planning Tips & Tricks

Protein Rule of Thumb

“For every 100 calories: 10 grams protein”

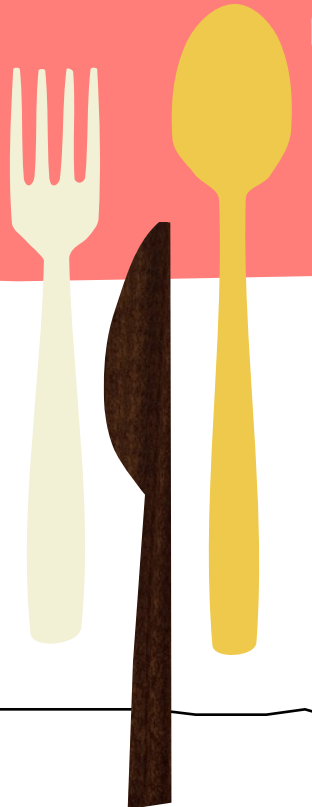
Protein is a foundation to great nutrition, a fit body and weight management. Great Sources: fresh fish, pork tenderloin, shrimp, chicken breast, flank steak, beef tenderloin, canned tuna/salmon/chicken, cottage cheese, plain greek yogurt, lentils, eggs, nonfat milk, beans, edamame, and soft white cheeses (like ricotta)

Body Care As A Lifestyle

As you lose weight and get older your metabolism slows down and if you're going to continue to lose weight or maintain a weight loss and stay toned you'll need a fitness and nutrition program that includes weight training, cardiovascular training and nutrition guidance for as long as you intend to stay healthy.

Targets! If you weigh...

Pounds	>140 lbs	140-180 lbs	<180 lbs
Calories	around 1250	around 1350	around 1450
Water	65 oz	85 oz	100 oz



Remember The 8 Food Rules For Weight Loss Success:

- 1) Eat breakfast within an hour of waking up;
- 2) Eat every two-three hours (or drink a protein shake);
- 3) Drink 80 -100 ounces of water;
- 4) Eat 100 grams of protein;
- 5) Target around 100 grams of carbs and make them complex;
- 6) Consume between 1250 - 1600 calories;
- 7) Take a supplement if you need it;
- 8) Incorporate a Treat Time that's planned and contained

Follow Your Master Meal Plan

If your diet isn't working, let me help you!



- Pre-plan your menu according to the 8 Food Rules
- Prepare for the days ahead
- Practice for 6 days by eating the same thing, every day for a week to calibrate (or reset) yourself. Then the 7th day is Treat Time!

Which is Right? Serving Size Or Portion Size

Portions! How much will YOU eat?



- It's normal to **underestimate** how many calories we eat and drink
- Measuring, using small dishes, and sharing help a lot

The LOSE IT Website & APP

Tracking Works - 3 Important Tips



- Create “Custom Exercise” for 1 cal
- Log your water, too
- Check calories at CalorieKing.com