

# RULES TO FOLLOW

This is not a diet, this is a healthy lifestyle choice - there is a difference! Diets are short termed, produce short term results and not sustainable. They can even cause more harm than good in the long run.

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Your meals should mostly consist of protein with vegetables, smaller portions of complex carbs or fruits, and small portions of healthy fats. Overconsumption is very easy so please measure your food as much as possible to ensure you are eating the right amounts.

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Eat 3 meals per day plus 2-3 snacks depending on your meal plan/goals. Record your macros and meals on MyFitnessPal or FatSecret and follow the recommended daily macros outlined in the plans (try to be within 5 grams of them).

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Front load your complex carbohydrates. Try to consume them in the morning or before dinner and taper them down as the day progresses as they will be burned throughout the day rather than stored in the evening.

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Practice portion control!

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Your metabolism burns calories no matter what you are doing - even sleeping. It begins with your Basal Metabolic Rate (BMR) which is responsible for 60-70% of all calories burned. Therefore it is **IMPORTANT** to build lean muscle mass as it is highly metabolically active at rest meaning your BMR increases and you burn more calories by doing nothing!

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There is no need to do endless amounts of cardio. Keep nutrition as your top priority, focus on building muscle, and use cardio to increase the overall calorie burn of your workouts as well as improve cardiovascular health.

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Try to limit red meat to no more than 1-2x per week. It is very inflammatory. Focus on lean poultry, fish, or plant based choices.