

Nutrition Tips

- #1. Eat in a slow, relaxed state as much as possible
- #2. Chew food thoroughly (try putting utensil down in between bites)
- #3. Drink water, coconut water, herbal tea in between meals rather than with your meal
- #4. Add a tiny pinch of sea salt to half your water intake (electrolytes help absorption)
- #5. Choose 90% of your meals to be from your Focus Food list
- #6. Always consume your metabolically important food FIRST and COMPLETELY before eating the next food.
- #7. Stop eating when you first start to feel full (learn to listen to your body)
- #8. Choose highest quality foods available as much as possible: fresh, organic, pastured, non GMO, wild caught, etc.
- #9. Include RAW foods if tolerated based on your Diet Type (fruits, veggies, dairy, proteins)
- #10. Choose a meal prep method that works best for you! (Talk with your Coach at Get Started Session for methods)