

Never Let It Leave Your Hand

- **Never go more than 3 hours without a meal (snack)**
- **Never eat a protein source that is larger than the palm of your hand**
- **Never eat a carbohydrate source that is larger than you fist**
- **Eat 5 fruits and vegetable sources daily**

Protein source examples would be (Muscle Gain, Meal Replacement Shakes, lean beef, chicken, turkey, fish, eggs etc.)

Carbohydrate source examples would be (vegetables, Fruits, whole grain bread, whole grain pastas.)

Fat source examples would be cultured dairy, avocados, some nuts.

Try to eat as much unprocessed foods as you can.