

Basic Eating Guidelines to Lose Fat & Gain Muscle Tone

1. Eat Breakfast

Breakfast is the most important meal of the day and it sets up your energy level for the rest of the day. Remember, you have just slept 6-9 hours so you need to break the fast and feed your body right away.

2. Eat every 2.5 to 3 hours

It is much better to eat smaller, more frequent meals than eating bigger more spread out meals. By eating smaller, more frequent meals, you increase your metabolism by 20%. You also keep your energy level steady (when we get hungry we tend to make the wrong food choices).

3. Include a lean protein source

Make sure every meal that you have, which is every 2.5 to 3 hours, includes a lean protein source.

4. Stay away from excessive saturated fats and sugar

Keep in mind to stay away from food that contain excessive saturated fats and sugars, make sure to read the nutrition labels.

5. Drink water

Drink at least 64oz or more of water every day. There is nothing better than good old fashion water. Remember 2/3 of your body is made-up of water.

6. Never skip a meal

When you skip meals, you tend to eat a much larger portion the next meal. The problem is that your body can only assimilate so much food at a time. Therefore, if you give your body too much food at one time it will “store” it for later.

7. Eat Starchy Carbohydrates

Eat starchy carbohydrates according to your day’s activity level.

8. Fibrous Carbohydrates

Fibrous carbohydrates can be consumed as much as you like, because they are negative caloric.

9. Polyunsaturated and Monounsaturated Fats

Fats should come in a form of polyunsaturated and monounsaturated. Be sure to stay away from saturated fats.

10. Take a multivitamin & antioxidants everyday

11. Protein shake or Healthy snack bar

If you are on the go and you do not have time for a snack, I suggest a pre-made protein shake or a healthy snack bar.