

Fuel To Feel Better. Fuel To Move Better. Fuel To Perform Better.

DAILY NUTRITIONAL STRATEGIES

Note: Choose produce and animal products generally in this order: **Produce:** Certified Organic, Organic, and Locally Farmed. **Animal Products:** Wild, Organic Pasture Raised, Organic, and Locally Raised.

- + View Food as Fueling Your Life
- + Achieve 80% Success
- + Minimally Processed Grains, Limit Intake of Sugar and Alcohol
- + Healthy Whole Proteins
- + Healthy Non-Processed Fats
- + Eat A Rainbow (Fresh Vegetables and 1 – 2 Pieces of Fruit)
- + Breakfast Everyday
- + Eat Approx. Every 3 hrs.
- + Hydrate .5 – 1 oz. of Water per lb. of Body Weight, Limit (Juice, Soda, Tea, Coffee, Alcohol, etc.)
- + Chew Food Thoroughly
- + Fuel During Activity
- + Rebuild After Your Workout

FOOD FOR LIFE

