



Rules To Live By

1. Eat **BREAKFAST** everyday!
2. **COME BACK TO EARTH!!!** Try to choose the least processed forms of food. Animal protein, healthy fats, vegetables, minimal nuts, seeds, fruit and whole grains.
3. **EAT SMALLER PORTIONS MORE OFTEN** spread evenly across the day.
4. **INCLUDE A HEALTHY PROTEIN SOURCE** with each snack and meal.
5. **EAT FATS THAT GIVE SOMETHING BACK:** Include healthy fats in your diet like coconut oil, olive oil, avocado, fish, pastured raised beef, pastured eggs, flaxseed, nuts, and seeds.
FEEL BETTER • MOVE BETTER • PERFORM BETTER
6. **DON'T WASTE YOUR WORKOUT:** Drink a pre-workout shooter and/or a post-workout recovery shake or meal immediately after intensive training.
7. **ADD a multivitamin** with anti-oxidant complex and an omega - 3 fish oil supplement into your daily routine.
8. **STAY HYDRATED:** (.5 - 1 x body weight = ounces of water per day) by drinking only non-caloric beverages (water/green tea)
9. **EAT A RAINBOW OFTEN:** Eat vegetables with each meal, and the best quality animal protein.
10. **SLEEP:** Get some rest! The body recovers and repairs best when it is sleeping.