

FIT FEMALE NUTRITION CHECKLIST

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Meal 1							
Meal 2							
Meal 3							
Meal 4							
Meal 5							
Meal 6 (optional)							

90/10 Compliance Rule! 4 X's allowed per week for splurges. Plan them wisely! :)

"HANDY" PORTIONS	SPLURGES EXPLAINED	GUIDELINES
<p>A portion of protein is measured by what can fit in the palm of your hand.</p> <p>A portion of complex carbs from fruit & veggies is measured by what can fit into two cupped hands.</p> <p>A portion of complex carbs from whole grains or starches is measured by what you can fit in one cupped hand.</p> <p>A portion of healthy fats is one scant handful of nuts, 1-2 TBSP nut butter, or 1-2 TBSP healthy oil.</p>	<p>If you skip a meal, you get an "X"</p> <p>If you have a starchy complex carb after Meal 3, you get an "X"</p> <p>Desserts, sweets & treats, and baked goods are an "X" - exception for desserts made with brown rice protein (TIU approved desserts)</p> <p>If you do not have a protein + complex carb combo for a meal or snack, you get an "X"</p> <p>If you have alcohol, you get an "X" (try to keep consumption to no more than 2 drinks, if you have more, consider it more "X"s)</p>	<p>No starches after 3 PM. (Exceptions: carrots, beans, hummus, lentils, quinoa, beets, amaranth)</p> <p>Dairy + fruits + starchy carbs before <i>or</i> with Meal 3.</p> <p>Lean proteins + veggies + healthy fats later in the day <i>or</i> with Meal 3.</p> <p>Drink 70+ ounces of water per day. Drink in between meals mostly.</p> <p>Use protein bars / shakes as a back-up plan. (Avoid anything with hydrogenated ingredients or HFCS)</p> <p>Restaurant menus... LOOK FOR: baked, grilled, broiled, au jus, roasted, steamed, poached.</p> <p>Restaurant menus... AVOID: breaded, au gratin, casserole, sauteed, tempura, bisque, fried, gravy.</p>