

## **SIMPLE EATING RULES**

1. **A high protein breakfast** will help your energy last for longer: include eggs, salmon, cheese, milk or yogurt
2. **Eat smaller portions** except, of course, if your plate contains only vegetables.
3. **“Treat treats as treats”**. Avoid or reduce foods and drinks that are high in sugars, -even if they are natural and healthy-, such as desserts, ice-creams, dates, chocolate, fruit smoothies, honey, etc. These are best eaten in small amounts, after exercise.
4. **Do not eat a large, heavy dinner**. Keep it light at night. And definitely no sweet dessert or cheese in the evening.
5. **Steam, poach, boil, stew, slow cook, roast, and eat raw**. Do not fry, grill or microwave. Very quick stir-fry in a non-stick pan with healthy oil sometimes is ok.
6. **If you are going to eat meat, do it lean**: take the skin off the chicken and remove the fat off other meats. Never, ever, blacken meat in a pan or grill.
7. **Drink water, filtered, if you can, in between meals**. Avoid “drowning” your food with lots of water.
8. **Reduce your coffee intake** to one per day in the morning or mid-morning, and replace the rest with green tea or herbal teas. Do not consume any caffeinated drinks after 5pm.

**9. Sit down and take your time to enjoy your food.**

Chewing well is the first step for a good digestion.

**10. Stay seasonal.** Buy the season's vegetables and fruits, and try to stay local. Oranges are a winter fruit because they are high vitamin C, and apricots are full of beta-carotene to prepare us for the sun in the summer.

**11. If you cannot buy organic, wash it well or peel it.**

**12. Go for a light 15-20 min walk after a meal.**

**13. Eat at regular intervals every 3 to 4 hours. Do not skip meals.**

**14. Reduce your salt,** and at home use Himalayan salt (<http://www.himalasalt.com>).

**15. Plan your meals every week** so you can include a good variation of foods, from whole-wheat pastas to vegetarian rice, chicken soup to beef stew and a large range of vegetables and fruits.

**16. Remember, you don't have to stick to these rules forever, only for 12 weeks. After that, allow the rules that you like stay in your life.**