

IT STARTS WITH FOOD

BY DALLAS & MELISSA HARTWIG

MEAL PLANNING

FILL YOUR PLATE WITH GOOD FOOD

Making healthy meals easy



PROTEIN



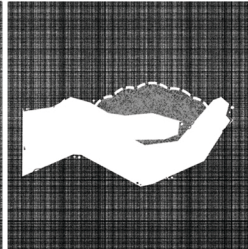
VEGETABLES



FRUIT



OILS & BUTTERS



COCONUT & OLIVES



NUTS & SEEDS

Practice good **mealtime habits**. Eat meals at the table in a relaxed fashion. Do not allow distractions like TV, phone or email while you are eating. Chew slowly and thoroughly - don't gulp. Take the time to enjoy the delicious, healthy food you have prepared!

MEALS

Eat three meals a day, starting with a good breakfast. Base each meal around 1-2 palm-sized **protein** sources. Fill the rest of your plate with **vegetables**. Occasionally add a serving of **fruit**. Add **fat** in the following recommended amounts *per meal*:

- All oils and cooking fats (olive oil, animal fats, etc.): 1-2 thumb-sized portions
- All butters (ghee, coconut butter, nut butters, etc.): 1-2 thumb-sized portions
- Coconut (shredded or flaked): 1-2 open (heaping) handfuls
- Olives: 1-2 open (heaping) handfuls
- Nuts and seeds: Up to one closed handful
- Avocado: ½ - 1 avocado
- Coconut milk: Between 1/4 and 1/2 of one (14 oz.) can

Make each meal large enough to satisfy you until the next meal - don't snack, if you can help it. Stop eating a few hours before bed.

PRE-WO

Eat 15 - 75 minutes pre-workout, as a signal to prepare your body for activity. If you train first thing in the morning, something is better than nothing. Choose foods that are easily digestible and palatable. This is the most variable factor in our template, so experiment with different foods, quantities and timing.

Include a small amount of **protein** (½ a meal size or smaller), and (optionally) a small amount of **fat** (½ a meal size or smaller). Do not add **fruit** or carb-dense **vegetables** to your pre-workout snack.

POST-WO

Eat *immediately* following exercise (15-30 minutes). Eat a meal-sized easily digestible **protein**, plus the appropriate amount of carb-dense **vegetables** based on our Carb Curve. Do not use **fruit** as your primary post-workout carb, and add little to no **fat**. Examples of carb-dense vegetables appropriate for post-workout include sweet potatoes/yams, taro/poi, butternut squash, acorn squash, pumpkin or beets.

Note, your PWO meal is a **special bonus meal** – *not* meant to replace breakfast, lunch or dinner. Think of it as a necessary source of additional calories and nutrients, designed to help you recover faster and more efficiently from high intensity exercise.