

Example of Daily Meal Pattern:

Meal #1 (Protein & Carbohydrate)

Meal #2 (Protein & Fruit)

Meal #3 (Protein & Fruit)

Meal #4 (Protein & Carbohydrate)

Meal #5 (Protein & Carbohydrate)

Meal #6 (Protein & Carbohydrate)

*Veggies (Broccoli, cauliflower, cucumbers, tomatoes, asparagus, carrots, green beans, radishes) are free and don't count!



Life Habit Week 6

Choose **FRUIT** as your carbohydrate for at least **TWO** of your meals

Why eat this way?

Fruit contains several nutrients to help prevent disease and help promote a healthy body. Eating fruit as your carbohydrate (versus starch) can be helpful in losing body fat.

Not all Fruits are created equal:

Good Choice: Bananas, grapes, red apples, watermelon, mango, pineapple, & oranges

Better Choice: All berries, peaches, green apples, grapefruit, plums, & cherries

Make it Happen:

1. Stock up on fruit, particularly the "better" fruits.
2. Frozen berries and peaches are an easy way to stay prepared.
3. When you plan your meals, pick your protein first, then add a fruit.
4. For your two fruit meals, you won't add another carbohydrate to this meal. This will keep you under the "30 grams of carbohydrate per meal" Life Habit.