

# NUTRITION PACK



PHASE 1 JOURNAL

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

DATE STARTED: \_\_\_\_\_

DATE COMPLETED: \_\_\_\_\_

## PHASE 1 GUIDELINES

Follow these nutrition guidelines as best you can and keep track of how you're feeling each day to see what eating patterns are working and not working for you.

### 1. EAT NUTRIENT RICH, ANTI-INFLAMMATORY FOODS FOR 80% OF YOUR DAY

- Whole fruits & vegetables
- Lean meats, poultry and fish
- Unprocessed beans & legumes
- Nuts & seeds without processed oils
- Unprocessed oils like olive, coconut, sesame & avocado
- Unprocessed, low fat dairy (if you can tolerate it)
- Whole \*gluten free grains like quinoa, brown rice, buckwheat, corn ect.

### 2. INSTEAD OF DIETING FOCUS ON EATING A VARIETY OF HEALTHY FOODS WITH DIFFERENT COLORS THROUGHOUT YOUR DAY

### 3. INSTEAD OF CUTTING OUT ENTIRE FOOD GROUPS TO HELP YOU LOSE WEIGHT & LESSEN INFLAMMATION, ONLY AVOID FOODS YOU ARE CURRENTLY SENSITIVE TO

## TIPS

### EASY STEPS YOU CAN TRY:

- Make it your goal to eat three meals and two snacks each day with a variety of colors and a balanced amount of healthy carbs, fat, and protein.
- Instead of counting calories, focus more on limiting your intake of calorically dense foods.
- If a certain food is continually making you feel bad after you eat it, take a break from it for 3-6 months.

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DAY 8

DAY 9

DAY 10

DAY 11

DAY 12

DAY 13

DAY 14

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DAY 15

DAY 16

DAY 17

DAY 18

DAY 19

DAY 20

DAY 21

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DAY 22

DAY 23

DAY 24

DAY 25

DAY 26

DAY 27

DAY 28

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PHASE 1 JOURNAL

DAY 29

DAY 30

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