

# NUTRITION PACK



PHASE 3 JOURNAL

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

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

DAY 61

DAY 62

DAY 63

DAY 64

DAY 65

DAY 66

DAY 67

## PHASE 3 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. TRY EATING LOWER GLYCEMIC FOODS FOR MOST OF YOUR DAY TO PREVENT INSULIN SPIKES

- Eat balanced meals with protein, fat & carbs.
- Lower the glycemic index of your foods by cooking them less, choosing whole fruits and vegetables instead of juice and smoothies, choosing less than ripe fruit, and adding an acid to your meals, such as lemon or lime juice or vinegar.
- When you do decide to eat foods higher on the glycemic index be sure to pair them with a protein or fat in order to prevent blood sugar spikes.

### 2. TAKE GOOD QUALITY WHOLE FOOD SUPPLEMENTS WITH VITAMINS AND MINERALS YOU MAY BE DEFICIENT IN

- If you find through blood tests that you are deficient in a vitamin or mineral be sure to take a good quality whole foods supplement daily to bring your levels up to optimal amounts.

## TIPS

### EASY STEPS YOU CAN TRY:

- Try not to overthink what you are eating because this will only cause your cortisol to increase. Instead simply add a protein or fat to any carb you eat if you are unsure about its GI index and that should prevent your blood sugar from spiking too high.
- Order a vitamin panel blood test to see where you may be deficient.

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DAY 68	
DAY 69	
DAY 70	
DAY 71	
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