

READ THIS FIRST.

All you need to know to get started is:

1. Get adjusted.
2. Take nutrition according to the daily dose sheet received at the time of your visit.
3. Eat protein within 30 minutes of waking and every three hours throughout the day.
4. Drink three oz. of fluid (not water) every 30 minutes throughout the day.

(when you're ready.....turn this over. But only when you're ready!)

READ THIS SECOND.

1. No carbohydrates after 2pm. If you are on the Paleo diet, fruits are your source of carbohydrate. If not on the Paleo diet, carbohydrates are rice, pasta, any grain, flour, sugars, potatoes, cereals and all beans (string beans, kidney beans, lentils, snowpeas and peas).
2. Do not eat carbohydrates and proteins together. Always eat carbohydrates at least 30 minutes after eating proteins.
3. Proteins are meat, fish, chicken, cheese, eggs and nuts (no peanuts or cashews....because they are not nuts).
4. It is best to eat protein every three hours. If you have to change your schedule, it is better to eat your proteins closer together rather than farther apart.
5. Vegetables are a neutral food. They can be eaten with either carbohydrates or proteins.