

Flash Reference Guide

Cut out these handy cards to stick to your 'frig or tape to your mirror to remind you and your family about Living 80/20 Guidelines.



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Consume whole grains, lean meats, & fresh vegetables.

Quality foods replace the need for quantity control (to a great degree). It is best to combine a complex carbohydrate with a lean protein and a healthy fat at each meal. They are a team and work best together.



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Drink 11 to 15 cups of water daily.

A result of the healthy choices you are making is going to be natural weight loss (if needed) and water will help flush your body of all toxins it is trying to shed. Bonus: water helps with glowing skin and keeps energy levels high!

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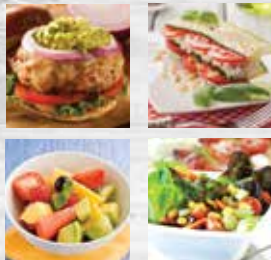


5 Ingredient Rule: stick with products that contain less than 5 ingredients on the label. Or better yet, focus on eating whole foods that do not require a label!



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Eat 5-6 mini meals a day (what a treat!) This is important because it supercharges your metabolism to function in the most efficient manner possible. AND eating mini meals throughout the day helps to control cravings and keep blood sugar level!



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In a special 20% notebook,

answer the following questions (customize your answer depending on the plan you selected):

- What day(s) will I enjoy my 20%?
- What time of day will it be?
- Will it be a dessert, main dish or something different?
- Will it be a small indulgent main dish plus a small indulgent dessert or will it be a monster dessert eaten after an 80% Healthy meal?
- Where will you enjoy it, a restaurant, home or somewhere else?
- Who will you be with?
- Write 3 descriptive words about the aroma, texture and taste.
- Write 3 descriptive words about how this treat will make you feel.
- Schedule the indulgence in your calendar.



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Maintain or Improve Nutritional Quality

Daily- Eat Clean 80% of the day, reserving 20% for a small daily treat. This treat will range from 150-300 calories. Individuals that want to maintain a current weight but feel the desire to also elevate their overall nutritional intake should embrace a daily approach.

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SLOW & STEADY

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Slow and Steady Weight Loss
Weekly- Eat Clean every day with **two weekly** 20% Indulgent meals (Wednesday and Saturday work well). Individuals that want to lose weight and also elevate their overall nutritional intake but want to move slow and steady should embrace this approach.



RAPID RESULTS

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Rapid Results Weight Loss
Weekly- Eat Clean everyday with **one weekly** indulgent meal. Individuals that are seeking rapid weight loss results but are also committed to elevating their overall nutritional intake should embrace this **one weekly** indulgent meal approach.