

# RECOMMENDATIONS

Client:  Date:  Visit #:

NUTRITIONAL OR LIFESTYLE RECOMMENDATION	BENEFIT	Per Day	Upon Waking	With Breakfast	Midmorning	With Lunch	Midafternoon	With Dinner	Before Bed

**ADDITIONAL RECOMMENDATIONS**

## EATING TIPS:

- Eat foods in their whole, unprocessed forms as much as possible, with a good mixture of cooked and raw dishes.
- Eat a good balance of fats, proteins, and carbohydrates (e.g. baked chicken thighs with salt, pepper, and fresh herbs, roasted Brussels sprouts with bacon & one small sweet potato.)
- Include nutrient-dense superfoods as often as possible, including organ meats, fermented foods, and homemade bone broth.
- Eat as much fatty meat, fish, and vegetables as you like until you feel satiated. Those with blood sugar issues should limit carbohydrates.
- Eat only when you are *actually* hungry. Ask yourself, "Would I eat meat and vegetables right now?" If yes, you are hungry. If no, you are having sugar cravings.
- While the body shifts from burning primarily sugar to using mostly fat for fuel, you may need to eat more often. But after a couple of weeks, your energy will become more stable and you won't need to eat as often. If you still feel the urge to eat frequently after a few weeks, increase the quantity of fats and proteins in your meals.
- Eat only when you are in a calm and relaxed state. If necessary, meditate before eating (visit [Calm.com](https://www.calm.com) or [HeadSpace.com](https://www.headspace.com) for guided meditations).
- Eat small bites, chew thoroughly (20-30 times), and put your fork down between bites.
- Drink plenty of water between—not with—meals.
- Avoid vegetable oils, trans fats, preservatives, artificial colors, and common allergens like grains, dairy, corn, and soy.