



Jamie Eason's LiveFit Phase 1 Diet

Female Diet for Phase 1!

- ◆ Eat first meal within an hour of waking.
- ◆ **Plan ahead!** Designate a food preparation day.
- ◆ **Measure and weigh everything** whenever possible. Purchase measuring cups and a kitchen scale.
- ◆ **EAT EVERY THREE HOURS** (usually 5 or 6 times a day, depending on when you wake up)! It's the secret to speeding up your metabolism. Be on time!
- ◆ **Drink lots of water!** May have coffee & tea with Stevia or a no-cal sweetener.
- ◆ **Take a daily multivitamin.** If lifting weights, you might consider taking an additional calcium supplement.
- ◆ **Take one tablespoon of Flaxseed or Fish Oil daily.** Flaxseed and fish oil actually aid in weight loss and encourages healthy bowel movements. (Mix in oatmeal or mashed sweet potato after heating food. Do not heat flaxseed.)
- ◆ **CONSISTENCY IS KEY!** If you have a day where you slip up...DON'T GIVE UP! Start fresh at your next meal or the next day. YOU CAN DO IT!

- Breakfast -** 5 egg whites
Unlimited vegetables (see list)
1 serving of starch (see starch list)
- Mid-morning-** 2 turkey or chicken muffins (see recipe), **OR** homemade protein bars (4 squares) **OR**
Small meal option (see list)
Unlimited vegetables (see list)
- Lunch-** 6 ounces of lean meat (chicken breast, white meat turkey; white fish like tilapia and orange roughy, boiled shrimp, egg whites)
1 serving of starch (see starch list)
Unlimited salad and vegetables (see list)
- Mid-afternoon-** 2 turkey or chicken muffins (see recipe), **OR** homemade protein bars (4 squares) **OR**
Small meal option (see list)
Unlimited vegetables (see list)
- Dinner-** 6 ounces of lean meat (see above)
1 serving of starch (see starch list)
Unlimited salad and vegetables (see list)
- Evening-** 5-6 egg whites**
Unlimited vegetables (see list)

**** No carbs (starch) after 7:00 PM (or about 3 hours before bedtime).**

Limit fruit to twice daily: berries first thing in the morning and then a half a citrus serving or banana after a workout with your protein shake. Carry a small apple in your gym bag at all times in case an energy slump hits!