



## Jamie Eason's LiveFit Phase 1 Diet

### Male 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.
- ◆ **Drink lots of water!** May have coffee & tea with Splenda and diet sodas occasionally.
- ◆ **Take a daily multivitamin.** If lifting weights, take an additional calcium supplement.
- ◆ **Take one tablespoon of Flaxseed Oil daily.** Flaxseed actually aids 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 -** 8 egg whites & veggies **OR** 5 egg whites and 1 whole egg.  
1 serving of vegetables (see list)  
1 serving of starch (see starch list)
- Mid-morning-** 4 turkey or chicken muffins (see recipes) **OR**  
Small meal option (see list)  
Unlimited vegetables (see list)
- Lunch-** 8 ounces of lean meat (chicken breast, white meat turkey; or 10 oz  
white fish like tilapia and orange roughy)  
1 serving of starch (see starch list)  
Unlimited salad and vegetables (see list)
- Mid-afternoon-** 4 turkey or chicken muffins **OR**  
Small meal option (see list)  
Unlimited vegetables (see list)
- Dinner-** 8 ounces of lean meat (see above)  
1 serving of starch (see starch list)  
Unlimited salad and vegetables (see list)
- Evening-** 6-8 egg whites\*\*  
Unlimited vegetables (see list)

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

Limit fruit to twice daily: berries first thing in the morning and then a full 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!