

# RIGHT FOOD AT THE RIGHT TIME

It is known that it's important to eat right and train smart, but in reality, it's about consistency and attention to detail. In addition, the body has very different metabolic needs at different times of day and under differing circumstances. In order to maximize fat loss, your body needs the right nutrients at the right time of day. Use this quick worksheet to help guide your meal choices.

## SPECIFIC TIME

## NUTRITIONAL NEEDS

## SAMPLE MEAL

### BREAKFAST

This will be one of your most important meals of the day, as your body is in a fasted state after up to 12 hours without food. Many of the calories in this meal will go to replacing those lost nutrients.

- PROTEIN
- CARBS
- FAT

- Scrambled eggs (2-3 eggs)
- One cup slow-cooked, whole-grain oatmeal topped with 1-2 walnuts, sliced strawberries and berries.
- On the run? Blend 2 scoops of EAS Lean 15™ with skim milk or water, frozen berries or a banana, and some ice cubes.

### A.M. SNACK

At this point the body will be rebounding a bit from its muscle-building breakfast. Your blood sugar levels are probably trailing off and your hunger is increasing.

- PROTEIN
- CARBS

- EAS Lean 15 protein powder blended with skim milk or water, some ice cubes and a frozen banana.

### LUNCH

The body should be pretty well in equilibrium by now; however the mid-morning snack may have worn off and sustained energy may be needed for afternoon activities.

- PROTEIN
- CARBS
- FAT

- A skinless, grilled chicken breast
- 1/2 - 1 cup cooked brown rice (amount varies depending on overall energy requirements)
- 1/2 cup lowfat cottage cheese topped with berries

### P.M. SNACK

At this time in the afternoon, there is a good chance the body is experiencing an energy slump and blood sugar levels have gotten a bit low.

- PROTEIN
- CARBS

- EAS AdvantEDGE Carb Control™ nutrition bar

### DINNER

This meal is important, since it is the last food the body will get for the next 12 hours or so. Overnight your body will be mostly anabolic (muscle-building) up until about midnight to 2 am. Then it typically turns catabolic, burning glycogen, muscle, and fat

- PROTEIN
- CARBS
- FAT

- Lean sirloin steak
- Spinach salad topped with diced tomatoes and mushrooms and balsamic dressing (olive oil and balsamic vinegar)
- Half a baked sweet potato topped with a tablespoon of lowfat cottage cheese