

JAMIE EASON'S LIVEFIT 12-WEEK TRAINER

PHASE 1 MALE DIET

- 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. You may have coffee and 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!

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FOR EACH MEAL, CHOOSE ONE OF THE FOLLOWING OPTIONS:

MEAL #1 / 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)

MEAL #2 / MID-MORNING

- 4 turkey or chicken muffins
- (see recipes)
- OR**
- Small meal option (see list)
- Unlimited vegetables (see list)

MEAL #3 / 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)

MEAL #4 / MID-AFTERNOON

- 4 turkey or chicken muffins
- OR**
- Small meal option (see list)
- Unlimited vegetables (see list)

MEAL #5 / DINNER

- 8 ounces of lean meat (see Meal #3)
- 1 serving of starch (see starch list)
- Unlimited salad and vegetables (see list)

MEAL #6 / BEDTIME SNACK

- 6-8 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!