

THE LIFE TIME
**HEALTHY WAY
 OF EATING**

THIS IS WHAT A HEALTHY DIET LOOKS LIKE.

Fill half your plate with a rainbow of colors

- Asparagus
- Beets
- Broccoli
- Brussels Sprouts
- Cabbage
- Cauliflower
- Carrots
- Celery
- Cucumbers
- Green Beans
- Kale
- Leeks
- Lettuce
- Mushrooms
- Onions
- Spinach
- Squash
- Tomatoes
- Zucchini

Add flavor with good-for-you fats

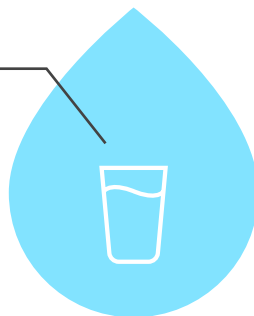
- Avocado
- Butter (or Ghee)
- Coconut Oil
- Nuts & Seeds
- Olive Oil

Eat protein with every meal

- Beef
- Chicken
- Dairy Products (Cheese, Cottage Cheese, Milk, Yogurt, Whey Protein Powder)
- Fish & Seafood
- Eggs
- Non-Animal (Soy, Chickpea & Rice Protein Powder)
- Pork
- Turkey

Stay hydrated

As a general rule, you should try to drink half of your body weight in ounces of water every day.



Berries are best

- | | |
|--------------|---------------------------|
| Apples | Corn |
| Blackberries | Beans |
| Blueberries | Lentils |
| Pears | Potatoes & Sweet Potatoes |
| Raspberries | Rices |
| Strawberries | |

- non-starchy vegetables
- fruits & starchy vegetables
- protein
- water
- healthy fats



THE LIFE TIME HEALTHY WAY OF EATING

At Life Time we believe you (and everyone) can dramatically change your health, energy levels and physical conditioning simply by adopting a better nutrition plan. The healthy way of eating is a lifestyle, not a fad diet or the latest nutrition craze. By learning and practicing the healthy way of eating, you can maintain good health and manage your weight throughout your lifetime.

Based on your individual goals and results, here are some tips and practical advice to help you successfully integrate the Life Time Healthy Way of Eating into your everyday life.

- Focus on getting ample **protein** at every meal
- Fill half of your plate with non-starchy **vegetables** for every meal
- If not used to preparing food, use more prepackaged foods (frozen or precut veggies, etc.) for convenience.
- Eat only when you are truly hungry, not based solely on the clock
- Supplement the food you eat with a high-quality multivitamin and fish oil daily
- Plan to eat at least 5 cups of colorful **vegetables** each day (5 fist-size servings)
- Drink at least 3 liters of **water** each day (about 100 oz)
- Choose high-quality **proteins** whenever possible
- Add natural, unprocessed **fats** to flavor your meals
- Document your compliance to these strategies (did you do this? yes/no?)

NUTRITION GUIDE

Grocery Shopping

Produce (Vegetables & Fruit)

Choose a variety of colors and organic produce

- | Red | Orange & Yellow | Green | White | Blue & Purple |
|--|---|---|--------------------------------------|---------------------------------------|
| <input type="checkbox"/> Apples | <input type="checkbox"/> Apples | <input type="checkbox"/> Apples | <input type="checkbox"/> Bananas | <input type="checkbox"/> Blackberries |
| <input type="checkbox"/> Beets | <input type="checkbox"/> Apricots | <input type="checkbox"/> Artichokes | <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Blueberries |
| <input type="checkbox"/> Cabbage | <input type="checkbox"/> Cantaloupe | <input type="checkbox"/> Asparagus | <input type="checkbox"/> Coconuts | <input type="checkbox"/> Eggplant |
| <input type="checkbox"/> Cherries | <input type="checkbox"/> Carrots | <input type="checkbox"/> Avocados | <input type="checkbox"/> Fennel | <input type="checkbox"/> Figs |
| <input type="checkbox"/> Cranberries | <input type="checkbox"/> Corn | <input type="checkbox"/> Broccoli | <input type="checkbox"/> Garlic | <input type="checkbox"/> Grapes |
| <input type="checkbox"/> Grapes | <input type="checkbox"/> Grapefruit | <input type="checkbox"/> Brussels Sprouts | <input type="checkbox"/> Jicama | |
| <input type="checkbox"/> Peppers | <input type="checkbox"/> Lemons | <input type="checkbox"/> Cabbage | <input type="checkbox"/> Leeks | |
| <input type="checkbox"/> Pink Grapefruit | <input type="checkbox"/> Mangoes | <input type="checkbox"/> Celery | <input type="checkbox"/> Mushrooms | |
| <input type="checkbox"/> Pomegranates | <input type="checkbox"/> Nectarines | <input type="checkbox"/> Collard Greens | <input type="checkbox"/> Onions | |
| <input type="checkbox"/> Radishes | <input type="checkbox"/> Oranges | <input type="checkbox"/> Cucumbers | <input type="checkbox"/> Parsnips | |
| <input type="checkbox"/> Raspberries | <input type="checkbox"/> Papayas | <input type="checkbox"/> Grapes | <input type="checkbox"/> Shallots | |
| <input type="checkbox"/> Rhubarb | <input type="checkbox"/> Peaches | <input type="checkbox"/> Green Beans | <input type="checkbox"/> Turnips | |
| <input type="checkbox"/> Strawberries | <input type="checkbox"/> Pears | <input type="checkbox"/> Green Onions | | |
| <input type="checkbox"/> Tomatoes | <input type="checkbox"/> Peppers | <input type="checkbox"/> Honeydew Melon | | |
| <input type="checkbox"/> Watermelon | <input type="checkbox"/> Persimmons | <input type="checkbox"/> Kale | | |
| | <input type="checkbox"/> Pineapple | <input type="checkbox"/> Kiwis | | |
| | <input type="checkbox"/> Pumpkin | <input type="checkbox"/> Lettuce | | |
| | <input type="checkbox"/> Rutabagas | <input type="checkbox"/> Limes | | |
| | <input type="checkbox"/> Squash | <input type="checkbox"/> Peas | | |
| | <input type="checkbox"/> Sweet Potatoes | <input type="checkbox"/> Peppers | | |
| | <input type="checkbox"/> Tangerines | <input type="checkbox"/> Spinach | | |
| | | <input type="checkbox"/> Zucchini | | |

Protein (Meats & Dairy)

Organic is necessary; grass-fed, free-range, pasture-raised, non-GMO, wild

- | Fish | Beef | Poultry | Game Meat | Dairy |
|---|---|--|---|--|
| <input type="checkbox"/> Albacore Tuna (limit 2x/month) | <input type="checkbox"/> Filet Mignon | <input type="checkbox"/> Cage-Free Eggs | <input type="checkbox"/> Bison | <input type="checkbox"/> Butter |
| <input type="checkbox"/> Cod | <input type="checkbox"/> 90% Lean Ground Beef | <input type="checkbox"/> Chicken Breast (skin removed) | <input type="checkbox"/> Elk | <input type="checkbox"/> Cottage Cheese |
| <input type="checkbox"/> Halibut | <input type="checkbox"/> Nitrate-Free Hot Dogs | <input type="checkbox"/> Chicken Sausage | <input type="checkbox"/> Ostrich | <input type="checkbox"/> Greek Yogurt |
| <input type="checkbox"/> Lobster | <input type="checkbox"/> Nitrate-Free Lunch Meats | <input type="checkbox"/> Turkey Bacon | <input type="checkbox"/> Venison | <input type="checkbox"/> Milk |
| <input type="checkbox"/> Orange Roughy | <input type="checkbox"/> Pacific Herring | <input type="checkbox"/> Round Steak | <input type="checkbox"/> Turkey Breast (skin removed) | <input type="checkbox"/> Ricotta Cheese |
| <input type="checkbox"/> Scallops | <input type="checkbox"/> Sirloin Steak | | | <input type="checkbox"/> Shredded Cheese |
| <input type="checkbox"/> Shrimp | | | | <input type="checkbox"/> String Cheese |
| <input type="checkbox"/> Spanish Mackerel | | | | |
| <input type="checkbox"/> Tilapia | | | | |
| <input type="checkbox"/> Wild Alaskan Salmon | | | | |

Protein (Meats & Dairy)

Organic is necessary; grass-fed, free-range, pasture-raised, non-GMO, wild

- | Pork | Vegetarian | Dairy Alternatives |
|--|---------------------------------------|----------------------------------|
| <input type="checkbox"/> Nitrate-Free Sausages | <input type="checkbox"/> Edamame | <input type="checkbox"/> Almond |
| <input type="checkbox"/> Pork Loin | <input type="checkbox"/> Filet Tempen | <input type="checkbox"/> Coconut |
| <input type="checkbox"/> Pork Steak | <input type="checkbox"/> Miso | <input type="checkbox"/> Goat |
| | <input type="checkbox"/> Tofu | <input type="checkbox"/> Rice |

NUTRITION GUIDE

Grocery Shopping

Pantry (Starchy Vegetables & Other Carbohydrates)

Shop in bulk; limit packaging and processing

- | Gluten-Free | Gluten-Free | Gluten-Containing | Dried Fruit | Canned or Jarred |
|--|---|--|---|--|
| <input type="checkbox"/> Amaranth | <input type="checkbox"/> Garbanzo Beans | <input type="checkbox"/> Barley | <input type="checkbox"/> Apricots | <input type="checkbox"/> 100% Fruit Spread |
| <input type="checkbox"/> Basmati Rice | <input type="checkbox"/> Gluten-Free Bread | <input type="checkbox"/> Bulgur | <input type="checkbox"/> Cherries | <input type="checkbox"/> Applesauce |
| <input type="checkbox"/> Beans | <input type="checkbox"/> Lentils | <input type="checkbox"/> Couscous | <input type="checkbox"/> Cranberries | <input type="checkbox"/> Cranberries |
| <input type="checkbox"/> Black Beans | <input type="checkbox"/> Millet | <input type="checkbox"/> Oatmeal | <input type="checkbox"/> Dark Raisins | <input type="checkbox"/> Chickpeas |
| <input type="checkbox"/> Brown Rice | <input type="checkbox"/> Oats (Gluten-Free) | <input type="checkbox"/> Spelt | <input type="checkbox"/> Figs/Dates | <input type="checkbox"/> Kidney Beans |
| <input type="checkbox"/> Buckwheat | <input type="checkbox"/> Pinto Beans | <input type="checkbox"/> Rye | <input type="checkbox"/> Golden Raisins | <input type="checkbox"/> Lentils |
| <input type="checkbox"/> Chickpeas | <input type="checkbox"/> Popcorn | <input type="checkbox"/> Wheat | <input type="checkbox"/> Prunes/Plums | <input type="checkbox"/> Marinara Sauce |
| <input type="checkbox"/> Coconut Flour | <input type="checkbox"/> Potato (Organic) | <input type="checkbox"/> Whole Wheat Bread | <input type="checkbox"/> Olives | <input type="checkbox"/> Olives |
| <input type="checkbox"/> Corn/Cormeal | <input type="checkbox"/> Quinoa | <input type="checkbox"/> Tapioca | <input type="checkbox"/> Pumpkin | <input type="checkbox"/> Pumpkin |
| | <input type="checkbox"/> Wild Rice | <input type="checkbox"/> Wild Rice | <input type="checkbox"/> Tomatoes | <input type="checkbox"/> White Beans |

Pantry (Nuts, Seeds & Oils)

Organic is necessary; grass-fed, free-range, pasture-raised, non-GMO, wild

- | Nuts/Seeds | Fats & Oils | Nut Butters |
|--|---|---|
| <input type="checkbox"/> Almonds | <input type="checkbox"/> Almond Oil | <input type="checkbox"/> Almond Butter |
| <input type="checkbox"/> Brazil Nuts | <input type="checkbox"/> Coconut Oil | <input type="checkbox"/> Cashew Butter |
| <input type="checkbox"/> Cashews | <input type="checkbox"/> Extra Virgin Olive Oil | <input type="checkbox"/> Sunflower Butter |
| <input type="checkbox"/> Hazelnuts | <input type="checkbox"/> Flax Seed Oil | |
| <input type="checkbox"/> Macadamia Nuts | <input type="checkbox"/> Hemp Seed Oil | |
| <input type="checkbox"/> Peanuts | <input type="checkbox"/> Macadamia Nut | |
| <input type="checkbox"/> Pecans | <input type="checkbox"/> Red Palm Oil | |
| <input type="checkbox"/> Pistachios | <input type="checkbox"/> Sesame Oil | |
| <input type="checkbox"/> Pumpkin Seeds | | |
| <input type="checkbox"/> Sesame Seeds | | |
| <input type="checkbox"/> Sunflower Seeds | | |
| <input type="checkbox"/> Walnuts | | |

Freezer Single Ingredients:

no added preservatives

Supplements

Pharmaceutical-grade, GMP-certified

Produce

Meat/Fish

Foundational Supplements

Protein & Meal Requirements

- | | | | |
|---|--|---|--|
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Chicken Breast | <input type="checkbox"/> Cal/Mag 1001 | <input type="checkbox"/> FastFuel Complete |
| <input type="checkbox"/> Blueberries | <input type="checkbox"/> Scallops | <input type="checkbox"/> Omega-3 Fish Oil | <input type="checkbox"/> VeganMax Protein Powder |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Shrimp | <input type="checkbox"/> Men's/Women's Performance Multivitamin | <input type="checkbox"/> Whey Protein Isolate |
| <input type="checkbox"/> Brussels Sprouts | <input type="checkbox"/> Whitefish Fillets | <input type="checkbox"/> Multi-Probiotic 4000 | |
| <input type="checkbox"/> Cherries | | <input type="checkbox"/> Vitamin D (1000 IU or 5000 IU) | |
| <input type="checkbox"/> Edamame (Limit) | | | |
| <input type="checkbox"/> Green Beans | | | |
| <input type="checkbox"/> Spinach | | | |

