

Week One : Pack Your Own Lunch

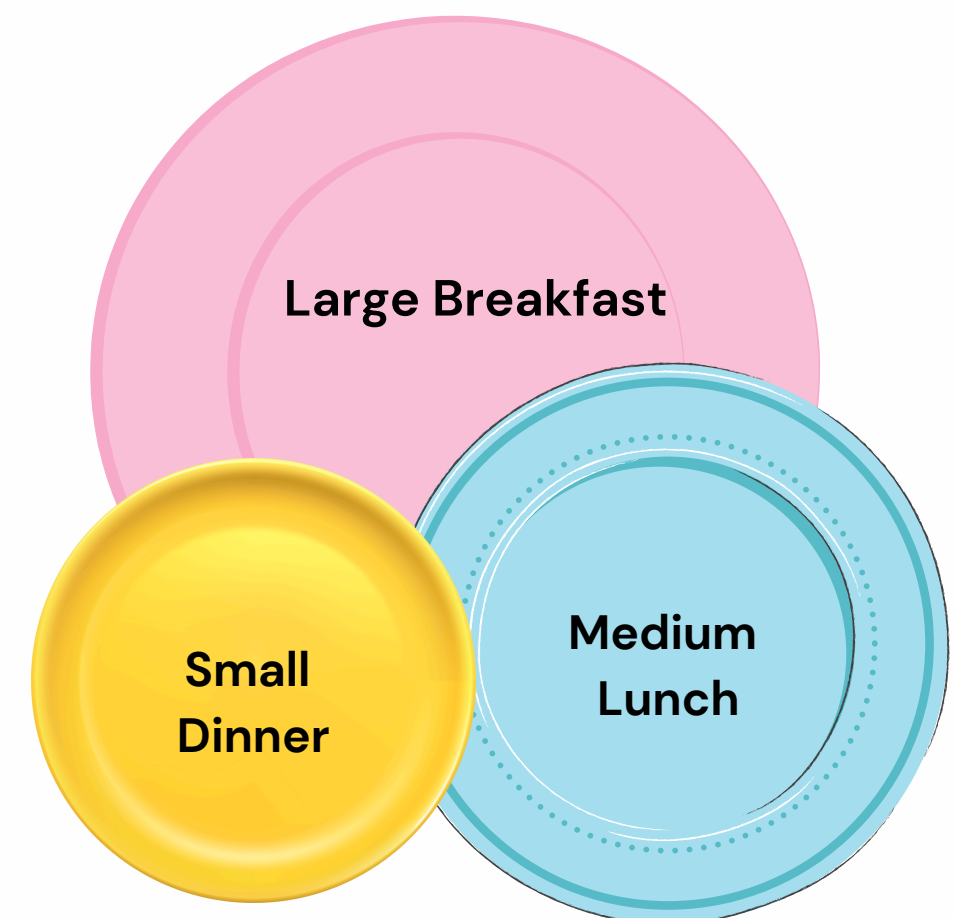
Challenge: Pack a lunch

Balance Your Lunch!

Be sure to include:

- 1 Protein
 - Focus on complete or complimentary proteins from animal or plant sources
- 1 Fibrous Carb
- 1 Starchy Carb
 - Focus on slow carbs to maintain blood sugar
- 1 Healthy Fat
 - Nuts, seeds, nut butters & avocado, olive & coconut oil are best

Recommended Meal Sizes



Avoid overeating by never skipping meals and snacking between meals to balance blood sugar



Tracking/Support

Keep a food journal or calendar

Get support from co-workers, friends or family

Avoid

Energy drinks, zero calorie beverages, and Splenda/sucralose

Try Smoothies!

Blend Ice, water, frozen fruit or vegetables, and a vegan or milk-based protein powder!

