








BestBodiesforLife Nutritional Guide

Daily Suggested Nutritional Guidelines

Calories	Protein	Greens	Fruits	Grains	Dairy/Fats	Sugars
						
NO CALORIE COUNTING	20%	25%	25%	20%	10%	ADD-ON FACTORS

PORTION YOUR PLATES

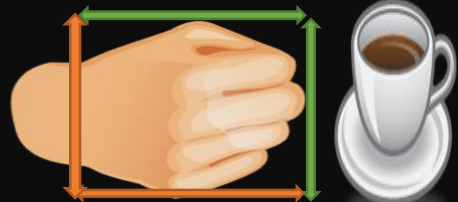
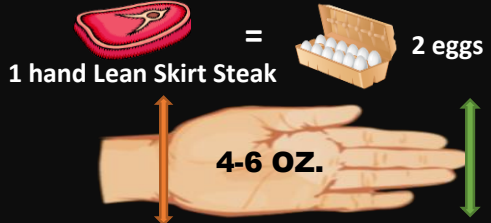





HIGHLY RECOMMENDED-DRINK 2 CUPS (2FISTS) WATER W/ EVERY MEAL

DAILY MEAL BREAKDOWN

1 MORNING BOOSTER (OPT)	1 MORNING BOOST MEAL: A CUP OF: COFFEE, GREEN TEA, FRESH FRUIT JUICE, BestBodies's BOOST JUICE
3 LIFE MEALS	3 LIFE MEALS: LEAN PROTEIN, LITE STARCHES & WHOLE GRAINS, FRESH FRUITS & VEGETABLES or 1 BestBodies LIFESTYLE SHAKE
2 POP MEALS	2 POP MEALS: SMALL LITE MEALS COMPOSED OF VARIETY OF GOOD FATS, PROTEINS, FRUITS, VEGGIES, BARS, OR A BestBodies BOOST JUICE...
1 EVENING STABILIZER (OPT)	1 EVENING STABILIZER MEAL: HOT TEA, CUP OF MILK (SOY/SILK, ALMOND, RICE)

Daily Meal Portioning Blueprint - **ONLY USE YOUR HAND TO MEASURE YOUR PORTIONS**

ALL YOUR MEALS MIGHT DIFFER IN TASTE, SHAPE, AND COLOR
HOWEVER, YOUR PORTION SIZES SHOULD NOT FLUCTUATE

<p>A FIST = 1 CUP 1 PORTION</p> 	<p>1 HAND = PORTION OF PROTEIN</p> <p>1 hand Lean Skirt Steak = 2 eggs</p> <p>4-6 OZ.</p> 	
<p>1 PALM = GRAINS/STARCH OR FRUITS & VEGETABLES 1 PORTION</p> 	<p>2 PALMS = 1 SLICE BREAD 1 PORTION</p> <p>1 SERVING</p> 	<p>1 HANDFUL = 1-1.5 OZ. (1 SNACK PORTION)</p> 
<p>2 THUMBS = 1 TBSP 1 PORTION</p> 	<p>1 TIP OF INDEX FINGER = 1 TSP 1 PORTION</p> 	<div style="border: 1px solid black; padding: 5px;"> <p>-USE THE BLUEPRINT WHEN: -PREPARING YOUR MEALS -ORDERING IN OR OUT OR -SIMPLY CHECKING YOUR PORTIONS</p> </div>

YOU HAVE THE OPTION OF 4 MORNING BOOSTER DRINKS-AS YOUR 1ST MEAL (OPTIONAL MEAL)

MORNING BOOSTER-(PICK 1 BOOSTER)

NEVER THE SAME BOOSTER EVERYDAY-YOU MUST TRY ALL 4 BOOSTERS BEFORE TRYING THE SAME ONE AGAIN

MEAL 1
OPTIONAL

100 cal MAX

PICK 1 BOOSTER FROM THE SAMPLE MORNING BOOSTERS BELOW OR PICK 1 FROM BestBodiesforLife's PERSONAL BOOSTERS TO THE RIGHT-->

BestBodiesforLife BOOST JUICES
VEGETARIAN OPTIONS=

Sample BestBodies Boosters

Cilantro Lime Booster

INGREDIENTS: 5 leaves romaine lettuce, bunch cilantro, 1/2 lime, 1 tbsp (2 THUMBS) honey, 1 cup (1 FIST) of pineapple, 1 cup (1 FIST) water, (HANDFUL) ice

- 1) Place all ingredients into a blender and mix until smooth
- 2) Drink at cold temperature- ENJOY!

Very Berry Booster

INGREDIENTS: 1 cup (1 FIST) of berries, 1/2 cup (1/2 FIST) pineapple, bunch of mint, 2 cups (2 FISTS) water, 1 tbsp (2 THUMBS) honey, add (HANDFUL) ice

- 1) Peel & slice pineapple
- 2) Slice Berries
- 3) Add all ingredients into a blender, blend until smooth
- 4) Drink at cool temperature & ENJOY!

Ginger Tropics Booster

INGREDIENTS: 1/2 cup (1/2 fist) of fresh orange juice, 1/2 cup (1/2 FIST) fresh pineapple juice, 2 strawberries, 1 tsp (1 tip of index finger) grated ginger, (HANDFUL) mint, add (HANDFUL) ice

- 1) Slice strawberries & Cut Pineapple (DON'T EXEMPT THE CORE)
- 2) Mix all ingredients in a chilled glass (SERVE COLD)--ENJOY!

Veggie Fruit Booster

INGREDIENTS: 1/2 apple, 1/2 cup (1/2 FIST) carrots, 1/2 cup (1/2 FIST) celery, 1 TBSP (2 THUMBS) of lemon juice, 1/2 cup (1/2 FIST) water, 1 tbsp (2 THUMBS) honey, add (HANDFUL) ice

- 1) Chop carrots & celery and slice apples
- 2) Place all ingredients into a blender and blend until smooth ENJOY!



COFFEE - 1 CUP (1 FIST)

ADD ONS (OPT)
-2 TBSP (4THUMBS) (SOY/SILK MILK, ALMOND MILK, OR SKIM MILK)
-1 TSP (TIP OF INDEX FINGER) STEVIA, HONEY, OR AGAVE



GREEN TEA - 1 CUP (1 FIST)

ADD ONS (OPT)
-2 TBSP (4THUMBS) (SOY/SILK MILK, ALMOND MILK, OR SKIM MILK)
-2 TSP (2 TIPS OF INDEX FINGER) LIME OR LEMON
-1 TSP (TIP OF INDEX FINGER) STEVIA, HONEY, OR AGAVE



FRESH FRUIT JUICE

1 CUP (1 FIST)
FRESH - ORANGE, APPLE, GRAPE, CRANBERRY, PINEAPPLE - JUICE
ADD ONS (OPT)
-1 TSP (TIP OF INDEX FINGER) STEVIA, HONEY, OR AGAVE
-2 TSP (2 TIPS OF INDEX FINGER) GRATED GINGER & LIME OR LEMON JUICE



BestBodiesforLife BOOST JUICE
Portion Suggested-->

SEE BOOST JUICE SAMPLES TO THE RIGHT

ADD ONS (OPT)
-1 TSP (TIP OF INDEX FINGER) STEVIA, HONEY, OR AGAVE
-2 TSP (2 TIPS OF INDEX FINGER) GRATED GINGER & LIME OR LEMON JUICE

THE OPTIONS TO THE RIGHT ARE OPTIONS THAT YOU CAN USE AND SWITCH AROUND-AS LONG AS YOU KEEP THE RIGHT PORTIONS-AT THE CORRECT TIMES

YOU CAN USE THESE MORNING BOOSTERS AS MORNING CLEANSERS & STARTERS, AND FOR A MONTHLY CLEANSE AS WELL - HIGHLY RECOMMENDED

MEAL NOTES-OPPORTUNITY TO WRITE DOWN QUESTIONS AND/OR FEEDBACK FOR COACHES

MEAL NOTES-OPPORTUNITY TO WRITE DOWN QUESTIONS AND/OR FEEDBACK FOR COACHES

YOU HAVE THE OPTION OF A SOLID MEAL OR A LIFESTYLE SHAKE- AS YOUR 2ND MEAL

LIFE MEAL- (PICK 1 COMBO)

NEVER THE SAME COMBO EVERYDAY-YOU MUST TRY ALL 4 COMBOS BEFORE TRYING THE SAME ONE AGAIN

SEARCH FOR  FOR VEGETARIAN OPTIONS

Some items to the right might have different portions applied to them than what the combos indicate for that food group in the combos, but they still equal each other

COMBO 1

COMBO 2

1 PORTION OF PROTEIN (1 HAND)

OPTIONS-->

1 CUP (1 FIST) DRINK

OPTIONS-->

1 CUP (1 FIST)-(2 PALMS) FRUITS

OPTIONS-->

1 CUP (1 FIST)-(2 PALMS) GRAINS/STARCHES/NUTS... (LITE)

OPTIONS-->

1 CUP (1 FIST) DRINK

OPTIONS-->

1/2 CUP (1/2 FIST)-(1 PALM) FRUITS

OPTIONS-->

COMBO 3

COMBO 4

1/2 CUP (1/2 FIST) OF DAIRY LOWFAT- (HIGH PROTEIN)

OPTIONS-->

1/2 CUP (1/2 FIST) (1 PALM) GRAINS/NUTS LITE

OPTIONS-->

1 CUP (1 FIST)-(2 PALMS) FRUITS

OPTIONS-->

1 CUP (1 FIST) DRINK

OPTIONS-->

1 PORTION OF PROTEIN (1 HAND)

OPTIONS-->

1/2 CUP (1/2 FIST) -(1 PALM) GREENS

OPTIONS-->

1/2 CUP (1/2 FIST)-(1 PALM) FRUITS

OPTIONS-->

1.5 CUPS (1.5 FISTS) DRINK

OPTIONS-->

THE OPTIONS TO THE RIGHT ARE OPTIONS THAT YOU CAN USE AND SWITCH AROUND-AS LONG AS YOU KEEP THE RIGHT PORTIONS-AT THE CORRECT TIMES

LIFESTYLE SHAKE/ MEAL



MEAL 2 | 350 cal MAX

USE THE OPTIONS BELOW WHEN YOU'RE CREATING YOUR COMBO MEAL

OPTIONS-

OPT: ORGANIC RECOMMENDED

Check Combos (1,4) portion protein: 2 EGGS = 1 PORTION OR 3 EGG WHITES = 1 PORTION

Check Combos (1,3,4) portion dairy/protein: GREEK YOFURT-IT ALSO APPLIES AS A DAIRY FOR COMBO 3

Check Combos (1,4) portion protein: 1 portion of PROTEIN/MEAT: (Chicken/Turkey Breast, 80/20 Ground Beef, Tuna, Tofu, Lentils, Black/Soy beans)

Check Combos (1,4) portion protein: 1 PROTEIN BAR (ORGANIC/ALL NATURAL)

Check Combos (1,2,3,4) portion Fruits: FRUIT: BERRIES, BANANAS, APPLES, GRAPES, PINEAPPLE OR OTHER FRUITS-MIX IT UP

Check Combos (4) portion Greens:1 CUP (FIST) ONIONS, PEPPERS, SPINACH, OR ANY OTHER VEGGIES- AS A SIDE ITEM OR ADDITION TO

Check Combos (2,3) portion grains/nuts/protein: 1/2 HANDFUL OF NUTS OR SEEDS ADD-ON ITEMS

Check Combos (1,2) portion grain/starch: 3/4 CUP (3/4 FIST) of Oatmeal = 1 PORTION-before cooked OR 1/4 CUP (1/4 FIST) Breakfast potatoes

Check Combos (3) portion grain/starch/Dairy: 1 CUP SILK/SOY OR ALMOND OR SKIM MILK W/ GRANOLA OR LOW CARB CEREAL (NUT & CEREAL)

Check Combos (2,3) portion grain/starch: 1 PORTION-WHOLE GRAIN TOAST W/ 2 TSP PEANUT BUTTER (ORGANIC)- IT APPLIES FOR A PORTION OF PROTEIN AS WELL

CHECK (PG9) FOR LIFESTYLE SHAKE OPTIONS & LIFESTYLE SHAKE VEGETARIAN OPTIONS

NUT & SEED BAR-NATURAL

3/4 HANDFUL OF DRIED FRUIT

3/4 HANDFUL OF NUTS

HANDFUL OF BERRIES

3 SMALL PIECES OF DARK CHOCOLATE (60%+)

Check Combos (2) portion grain/starch: 2 PORTIONS (4 PALMS) OF GLUTEN FREE PROTEIN PANCAKES/MUFFINS

Check Combos (3) portion grain/starch/Dairy: SOY/SILK OR ALMOND OR SKIM MILK W/ 1 NUT/SEED & DRIED FRUIT BAR

Check Combos (1,2,3,4) portion Drink/Dairy: COFFEE (BLACK)-STEVIA SWEETNER W/ 2 TBSP (4 THUMBBS) SOY/SILK OR ALMOND OR SKIM MILK

Check Combos (1,2,3,4) portion Drink: 2 CUP (2 FIST) SOY/SILK OR ALMOND OR SKIM MILK-ONLY AS DRINK

Check Combos (1,2,3,4) portion Drink: 1 CUP (1 FIST) ONE OF BestBodies BOOSTER DRINKS OR STABILIZER DRINKS PG 2 & 8

MEAL NOTES-OPPORTUNITY TO WRITE DOWN QUESTIONS AND/OR FEEDBACK FOR COACHES

MEAL NOTES-OPPORTUNITY TO WRITE DOWN QUESTIONS AND/OR FEEDBACK FOR COACHES

YOU HAVE THE OPTION OF A SOLID MEAL OR A BOOSTER DRINK- AS YOUR 3RD MEAL

POP MEAL- (PICK 1 COMBO)

NEVER THE SAME COMBO EVERYDAY-YOU MUST TRY ALL 9 COMBOS BEFORE TRYING THE SAME ONE AGAIN

SEARCH FOR  FOR VEGETARIAN OPTIONS

Some items like Peanut Butter to the right might have different portions applied to them than what the combos indicate for that food group in the combos, but they still equal each other

COMBO 1

1/4 CUP (1/4 FIST) -
except peanut butter
of Lowfat spread/dip-
(HIGH PROTEIN)
OPTIONS-->

1/2 CUP (1/2 FIST) -
of GREENS-(1.5 PALMS)
OPTIONS-->

COMBO 2

1/4 CUP (1/4 FIST) -
except peanut butter
of Lowfat spread/dip-
(HIGH PROTEIN)
OPTIONS-->

3/4 CUP (3/4 FIST) -
of FRUITS-(1.5 PALMS)
OPTIONS-->

COMBO 3

1/2 CUP (1/2 FIST) -
except peanut butter
of Lowfat spread/dip-
(HIGH PROTEIN)
OPTIONS-->

1/4 (HANDFUL) PORTION-
STARCHES/GRAINS/NUTS
OPTIONS-->

COMBO 4

1/2 CUP (1/2 FIST) -
except peanut butter
of Lowfat spread/dip-
(HIGH PROTEIN)
OPTIONS-->

1/2 (HANDFUL)
GRAINS/
NUTS
OPTIONS-->

1/2 CUP
(1/2 FIST) -
of FRUITS-
(1 PALM)
OPTIONS-->

1/2 CUP
(1/2 FIST) -
of GREENS
(1 PALM)
OPTIONS-->

COMBO 5

1/2 (HANDFUL)
GRAINS/
NUTS
OPTIONS-->

1/2 CUP
(1/2 FIST) -
of GREENS
(1 PALM)
OPTIONS-->

1/2 PORTION OF
PROTEIN
(1/2 HAND)-(1 Egg, 1/2 chicken breast...)
OPTIONS-->

COMBO 6

1/2 CUP (1/2 FIST)
PORTION GRAINS/NUT (2OZ)
(1 PALM)
BOOSTER MEAL-->

1 CUP (1 FIST) -
1 DRINK
BOOSTER MEAL DRINK-->

COMBO 7

1/2 (HANDFUL)
GRAINS/
NUTS
OPTIONS-->

1 CUP (1 FIST) -
of FRUITS-(2 PALMS)
OPTIONS-->

COMBO 8

2 CUPS
(2 FISTS) -
of GREENS-
(4 PALMS)
OPTIONS-->

COMBO 9

2 CUPS
(2 FISTS) -
of FRUITS-
(4 PALMS)
OPTIONS-->

**BOOSTER
(DRINK)**

**CHECK SAMPLE BOOSTER
DRINK OPTIONS PG 2**



1 CUP (1 FIST)
Coffee



1 CUP (1 FIST)
Green Tea



1 CUP (1 FIST)
Fresh Juice



1 CUP (1 FIST)
Booster Drinks
pg2

**BOOSTER DRINK
ACCOMPANIMENTS**

NUT & SEED BAR-NATURAL

1/2 HANDFUL OF DRIED FRUIT

1/2 HANDFUL OF NUTS

HANDFUL OF BERRIES

3 SLICES OF ALL NATURAL BEEF
JERKY
ORGANIC RECOMMENDED

MEAL 3 250 cal MAX

USE THE OPTIONS BELOW WHEN YOU'RE CREATING YOUR COMBO MEAL

**OPTIONS- OPT: ORGANIC
RECOMMENDED**

Check Combos (1,2,3,4) (Fat, Dairy, Protein)-Hummus, Greek Yogurt, Guacamole, and other low-fat dips/spreads

Check Combos (1,2,3,4)-1.5 TBSP (3 THUMBS) (Fat, Dairy, Protein):Organic Peanut/almond butter, Low-fat/sodium dressing/dip ex:(yogurt)

Check Combos (2,4,7,9) portion (fruits): Berries, Papaya, Banana, Apples, Pineapple, Pears, Peaches, Cranberries, Kiwi, Grapes, Watermelon, Cherries

Check Combos (1,4,5,8) portion (Greens): Cauliflower, Carrots, Bell Peppers, Celery, Asparagus, Broccoli, Cucumber, Edamame, Mushrooms, Onions, Tomatoes, Kale, Brussel Sprouts, Green Beans

Check Combos (3,4,5,6,7) portion (Starches): Sweet potato, Whole Wheat Bread/Pita, Gluten Free Bread, Carrots, Baked Veggie Chips-(All natural/low sodium), Popcorn-(low sodium/fat), Baked Plantain chips, Baked Edamame chips

Check Combos (3,4,5,6,7) portion (Nuts/Seeds/Grains): Unsalted NUTS-(Almonds, Peanuts, Walnuts, Pecans, Pistachios, Cashews), SEEDS-(Pumpkin, Chia, Flax, Sesame, Sunflower), CRACKERS-(Whole Wheat, Flax seed, Rice crackers), Nut&Seed Bars, Granola (low sugar)- DRIED FRUIT

Check Combos (6): Fresh juice FRUIT/VEG- (apple, orange, cranberry, pineapple, carrot, tomato)

TIP: You can add a Booster drink to any of your pop meals or just have a booster drink & Booster drink accompaniment

Use the options above to guide you while picking your pop meal combo

THE OPTIONS TO THE RIGHT ARE OPTIONS THAT YOU CAN USE AND SWITCH AROUND-AS LONG AS YOU KEEP THE RIGHT PORTIONS-AT THE CORRECT TIMES

MEAL NOTES-OPPORTUNITY TO WRITE DOWN QUESTIONS AND/OR FEEDBACK FOR COACHES

MEAL NOTES-OPPORTUNITY TO WRITE DOWN QUESTIONS AND/OR FEEDBACK FOR COACHES

YOU HAVE THE OPTION OF A SOLID MEAL OR A LIFESTYLE SHAKE- AS YOUR 4TH MEAL

LIFE MEAL - (PICK 1 COMBO)

NEVER THE SAME COMBO EVERYDAY-YOU MUST TRY ALL 4 COMBOS BEFORE TRYING THE SAME ONE AGAIN

SEARCH FOR FOR VEGETARIAN OPTIONS

Some items to the right might have different portions applied to them than what the combos indicate for that food group in the combos, but they still equal each other

COMBO 1

1 PORTION OF PROTEIN (1 HAND)

OPTIONS-->

1/2 CUP (1/2 FIST) (1 PALM) FRUITS

OPTIONS-->

1 CUP (1 FIST)-(2 PALMS) GREENS

OPTIONS-->

COMBO 2

1 CUP (1 FIST)-(2 PALMS) GRAINS/STARCH (LITE)

CHECK OPTIONS - PORTIONS FOR SPECIFIC ITEMS

OPTIONS-->

1/2 CUP (1/2 FIST) (1 PALM) GREENS

OPTIONS-->

1/2 CUP (1/2 FIST) (1 PALM) FRUITS

OPTIONS-->

COMBO 3

1 PORTION OF PROTEIN (1 HAND)

OPTIONS-->

1 CUP (1 FIST)-(2 PALMS) GREENS

OPTIONS-->

1/2 CUP (1/2 FIST) (1 PALM) GRAINS/STARCHES

OPTIONS-->

COMBO 4

1 PORTION OF PROTEIN (1 HAND)

OPTIONS-->

2 CUPS (2 FISTS)-(4 PALMS) GREENS (SALAD PORTION)

OPTIONS-->

1/2 CUP (1/2 FIST) (1 PALM) GRAINS/STARCHES (YOU CAN ALSO PUT A 1/2 CUP (1/2FIST) FRUIT)

OPTIONS-->

LIFESTYLE (SHAKE)/ MEAL



MEAL 4

350 cal **MAX**

USE THE OPTIONS BELOW WHEN YOU'RE CREATING YOUR COMBO MEAL

OPTIONS-

OPT: ORGANIC RECOMMENDED

Check Combos (1,3,4) portion (protein): (Chicken/Turkey Breast, 80/20 Ground Beef, 2 eggs (3 egg whites), Tuna, Tofu, Lentils, Black/Soy beans...)

Check Combos (1,2,3) portion (Greens): 1 Portion of Greens: Cauliflower, Carrots, Bell Peppers, Celery, Asparagus, Broccoli, Cucumber, Edamame, Mushrooms, Onions, Tomatoes, Kale, Brussel Sprouts, Green Beans...

Check Combos (2,3,4) portion (Starches/Grains): Brown rice, Idaho potatoes, Sweet Potato, Quinoa, Farro, Butternut Squash, Beets, Yuca, Jicama, Carrots

Check Combos (1,2,4) portion (fruits): Berries, Papaya, Banana, Apples, Pineapple, Pears, Peaches, Cranberries, Kiwi, Grapes, Watermelon, Cherries

CHECK (PG9) FOR LIFESTYLE SHAKE OPTIONS & LIFESTYLE SHAKE VEGETARIAN OPTIONS

Check Combos (1,4) portion (Greens): Lettuce - Romaine, Iceberg, Watercress, Arugula, Bibb, Escarole, Frisee, Radicchio...

SHAKE-ACCOMPANIMENTS

NUT & SEED BAR-NATURAL

1/2 HANDFUL OF DRIED FRUIT

1/2 HANDFUL OF NUTS

HANDFUL OF BERRIES

2 SMALL PIECES OF DARK CHOCOLATE (60%+)

Check Combos (4) portion (Nuts/Seeds/Grains): Unsalted NUTS-(Almonds, Peanuts, Walnuts, Pecans, Pistachios, Cashews), SEEDS-(Pumpkin, Chia, Flax, Sesame, Sunflower), CRACKERS-(Whole Wheat, Flax seed, Rice crackers) Nut&Seed Bars, Granola (low sugar)- YOU CAN ADD DRIED FRUIT

THE OPTIONS TO THE RIGHT ARE OPTIONS THAT YOU CAN USE AND SWITCH AROUND-AS LONG AS YOU KEEP THE RIGHT PORTIONS-AT THE CORRECT TIMES

With all your combos your RECOMMENDED to drink 2 cups (2FISTS) of water, but you may also have an additional drink-EX: one of the booster meal drinks

MEAL NOTES-OPPORTUNITY TO WRITE DOWN QUESTIONS AND/OR FEEDBACK FOR COACHES

MEAL NOTES-OPPORTUNITY TO WRITE DOWN QUESTIONS AND/OR FEEDBACK FOR COACHES

YOU HAVE THE OPTION OF A SOLID MEAL OR A LIFESTYLE SHAKE- AS YOUR 6TH MEAL

LIFE MEAL - (PICK 1 COMBO)

NEVER THE SAME COMBO EVERYDAY-YOU MUST TRY ALL 4 COMBOS BEFORE TRYING THE SAME ONE AGAIN

SEARCH FOR  FOR VEGETARIAN OPTIONS

Some items to the right might have different portions applied to them than what the combos indicate for that food group in the combos, but they still equal each other

COMBO 1

1 PORTION OF PROTEIN (1 HAND)

OPTIONS-->

1/2 CUP (1/2 FIST) (1 PALM) FRUITS

OPTIONS-->

1 CUP (1 FIST)-(2 PALMS) GREENS

OPTIONS-->

COMBO 2

1 CUP (1 FIST)-(2 PALMS) GRAINS/STARCH (LITE)
CHECK OPTIONS - PORTIONS FOR SPECIFIC ITEMS

OPTIONS-->

1/2 CUP (1/2 FIST) (1 PALM) GREENS

OPTIONS-->

1/2 CUP (1/2 FIST) (1 PALM) FRUITS

OPTIONS-->

COMBO 3

1 PORTION OF PROTEIN (1 HAND)

OPTIONS-->

1/2 CUP (1/2 FIST)-(1 PALM) GREENS

OPTIONS-->

1/2 CUP (1/2 FIST) (1 PALM) GRAINS/STARCHES

OPTIONS-->

COMBO 4

1 PORTION OF PROTEIN (1 HAND)

OPTIONS-->

1/2 CUP (1/2 FIST) (1 PALM) GRAINS/STARCHES
(YOU CAN ALSO PUT A 1/2 CUP (1/2 FIST) FRUIT)

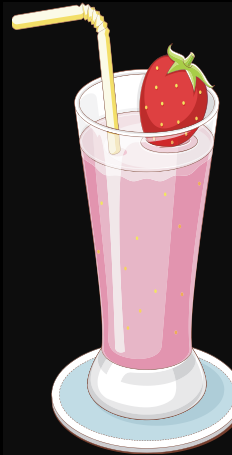
OPTIONS-->

2 CUPS (2 FISTS)-(4 PALMS) GREENS **(SALAD PORTION)**

OPTIONS-->

THE OPTIONS TO THE RIGHT ARE OPTIONS THAT YOU CAN USE AND SWITCH AROUND-AS LONG AS YOU KEEP THE RIGHT PORTIONS-AT THE CORRECT TIMES

LIFESTYLE (SHAKE)/MEAL



CHECK (PG9) FOR LIFESTYLE SHAKE OPTIONS & LIFESTYLE SHAKE VEGETARIAN OPTIONS

SHAKE-ACCOMPANIMENTS

NUT & SEED BAR-NATURAL

3/4 HANDFUL OF DRIED FRUIT

3/4 HANDFUL OF NUTS

HANDFUL OF BERRIES

3 SMALL PIECES OF DARK CHOCOLATE (60%+)

MEAL 6 350 cal MAX

USE THE OPTIONS BELOW WHEN YOU'RE CREATING YOUR COMBO MEAL

OPTIONS- OPT: ORGANIC RECOMMENDED

Check Combos (1,3,4) portion protein: (Chicken/Turkey Breast, 80/20 Ground Beef, 2 eggs (3 egg whites), Tuna, Tofu, Lentils, Black/Soy beans...)

Check Combos (1,2,3) portion (Greens): 1 Portion of Greens: Cauliflower, Carrots, Bell Peppers, Celery, Asparagus, Broccoli, Cucumber, Edamame, Mushrooms, Onions, Tomatoes, Kale, Brussel Sprouts

Check Combos (1,4) portion (Greens): Lettuce-(Romaine, Iceberg, Watercress, Arugula, Bibb, Escarole, Frisee, Radicchio...)

Check Combos (1,2) portion (fruits): Berries, Papaya, Banana, Apples, Pineapple, Pears, Peaches, Cranberries, Kiwi, Grapes, Watermelon, Cherries

Check Combos (1,4) portion (Nuts/Seeds/Grains): Unsalted NUTS-(Almonds, Peanuts, Walnuts, Pecans, Pistachios, Cashews), SEEDS-(Pumpkin, Chia, Flax, Sesame, Sunflower), CRACKERS-(Whole Wheat, Flax seed, Rice crackers) Nut&Seed Bars, Granola (low sugar)-YOU CAN ADD DRIED FRUIT

Check Combos (2,3,4) portion (Starches/Grains): Brown rice, Idaho potatoes, Sweet Potato, Quinoa, Farro, Butternut Squash, Beets, Yuca, Jicama, Carrots

With all your combos your RECOMMENDED to drink 2 cups (2FISTS) of water, but you may also have an additional drink-EX: one of the booster drinks

MEAL NOTES-OPPORTUNITY TO WRITE DOWN QUESTIONS AND/OR FEEDBACK FOR COACHES

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MEAL NOTES-OPPORTUNITY TO WRITE DOWN QUESTIONS AND/OR FEEDBACK FOR COACHES

YOU HAVE THE OPTION OF 3 STABILIZER MEALS & 2 TYPES OF ADD-ONS- AS YOUR 7TH MEAL
(OPTIONAL MEAL)

STABILIZER MEAL - (PICK 1 STABILIZER)

MEAL 7
OPTIONAL

150 cal MAX

BestBodiesforLife STABILIZER MEALS

STABILIZER ADD-ONS

BestBodiesforLife's Recommendations



COFFEE - 1 CUP (1 FIST)

ADD ONS (OPT)
-2 TBSP (4THUMBS) (SOY/SILK MILK, ALMOND MILK, OR SKIM MILK)
-1 TSP (TIP OF INDEX FINGER) STEVIA, HONEY, OR AGAVE



TEA - 1 CUP (1 FIST)

ADD ONS (OPT)
-2 TBSP (4THUMBS) (SOY/SILK MILK, ALMOND MILK, OR SKIM MILK)
-1 TSP (TIP OF INDEX FINGER) STEVIA, HONEY, OR AGAVE
-2 TSP (2 TIPS OF INDEX FINGER) LIME OR LEMON JUICE



MILK - 1 CUP (1 FIST) (WARM)

(ALMOND MILK, SOY/SILK MILK, SKIM MILK)
ADD ONS (OPT)
- SPRINKLE NUTMEG
- SPRINKLE CINAMMON
- 1/2 TSP (1/2 TIP OF INDEX FINGER) VANILLA



NUTS/SEEDS: (1/2 handful)

NUTS: Almonds, Peanuts, Walnuts, Pecans, Macadamia, Pistachios

SEEDS: Sesame, Sunflower, Pumpkin, Chia, Flax...



BERRIES: (3/4 Cup-3/4 Fist)

- Raspberries
- Blueberries
- Strawberries
- Blackberries

CHOOSE FROM ONE OF THE STABILIZER MEAL OPTIONS ABOVE AND YOU CAN CHOOSE FROM ONE OF THE NIGHT STABILIZER MEAL ADD-ONS TO THE RIGHT (OPTIONAL)

AS A NIGHT STABILIZER MEAL-THESE ARE OPTIONS, YOU CAN ALSO USE THESE FOR A MONTHLY CLEANSE - **HIGHLY RECOMMENDED**

MEAL NOTES-OPPORTUNITY TO WRITE DOWN QUESTIONS AND/OR FEEDBACK FOR COACHES

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MEAL NOTES-OPPORTUNITY TO WRITE DOWN QUESTIONS AND/OR FEEDBACK FOR COACHES

**YOU CAN BUILD YOUR OWN LIFESTYLE SHAKE. FOR YOUR 3 LIFE MEAL ALTERNATIVES:
(MEAL 2, MEAL 4, MEAL 6)**

**LIFESTYLE SHAKE/MEAL
w/ a combo option**

**BestBodiesforLife LIFESTYLE SHAKES
COMING SOON!**

BestBodiesforLife



BestBodiesforLife's Recommendations

**CHOOSE 1 BASE for your shake
(step 1)-OPTIONS BELOW**

1.5 CUPS (1.5 FISTS)-TOTAL

Water
Soy/Silk Milk
Almond Milk
Rice Milk
Skim Milk



BestBodiesforLife's Recommendations

**CHOOSE A PROTEIN(s) (step 3)
Choose 1 per shake**

1 1/4 scoop/(5TBSP)/(10THUMBS) Protein powder
1/2 cup (1/2FIST) Soft Tofu
1/2 cup (1/2FIST) Greek Yogurt

BestBodiesforLife's Recommendations

LIFE ADD-ONS

LIFE INGREDIENTS (ADD-1 per shake):

1) Unsweetened Coconut
2) Nutmeg
3) Cinnamon
4) Chia Seeds
5) Almonds
6) Dark Chocolate-70% +
7) Raw Cocoa Powder

BestBodiesforLife's Recommendations

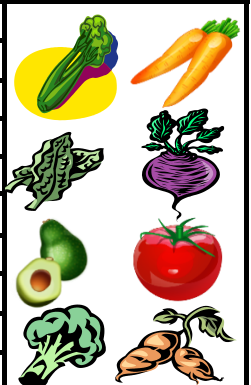
CHOOSE (FRUIT/VEGGIE) COMPONENT(s) (step 2)

PICK ONE OR MORE PER SHAKE-1-1.5 CUPS (1-1.5 FISTS) TOTAL

Banana
Berries
Pineapple
Papaya
Apples
Pear
Cantaloupe
Mangos
Peaches
Cherries
Kiwi
Watermelon



Cucumber
Spinach
Tomato
Carrots
Celery
Beets
Cauliflower
Kale
Sweet Potatoes
Broccoli



**EX: 3/4 cup (3/4 FIST) of sliced Banana & 1/2 cup (1/2 FIST) of chopped carrots= 1-1.5 cups (1-1.5 FISTS) total
ADD ICE (RECOMMENDED)**