

# FOOD

## (sanctioned meals)

**The Rule:** Eat five small meals a day. Each meal should include a combination of lean protein, healthy fats, carbohydrates like whole grains and fruit, and/or vegetables. Meals must be no fewer than two and no more than four hours apart. Meals must contain none of the **F.L.A.B.B.** foods. Each fully sanctioned meal is worth 6 points for a total of 30 possible meal points per day.

**The Exception:** Each day, in addition to your five meals, you may consume up to 100 calories of whatever you want (including F.L.A.B.B. foods on the list but **NOT alcohol, soda or diet soda**).

**Note:** Between meals you may snack on cucumbers and celery without penalty.

**Penalty:** If you eat anything between meals besides cucumbers or celery, you must deduct a 10 point snacking penalty. You must include veggies in at least two of your meals or you will not receive your meal points for those two meals.

*The key to losing and not gaining weight when you're adding two extra meals a day is portion control. Each meal consists of one lean protein, one healthy carb, one healthy fat and as many green veggies as you want.*

### **Determining Your Portion Size:**

Make a fist, look at it. That's about how much carbs you should eat at each meal

Lay your hand flat and look at your palm (not including your fingers and thumb). That's how much protein you should eat at each meal.

Look at the size of your thumb. That's how much healthy fat you'll add to each meal (keep in mind, butter and margarine are NOT healthy fats)