

# eat.SIMPLE RULES



A quick hit list of new behaviours to help you achieve an effortless relationship with food.

## Answer Hunger with a Meal

Ditch the meal-snack-meal-snack cycle and tap into true hunger signals by answering your hunger with a proper meal. Not a snack. A MEAL. (Read on for more info on HOW and WHEN to make meals!)

## Prioritize Protein

Every time you eat, make protein the centerpiece - it's the most satiating macronutrient, and the body likes putting protein to work. Aim for 1g of protein per pound of body weight. (Track once in a while; not always!)



## Break Fast Epically

When your body cues up its first hunger of the day, answer it with a satiating, satisfying, nutrient-dense meal. This is the meal that sets the metabolic tone for the rest of the day. Try it. You'll like it.

## Connect to Your Nature

In case you forgot: You are nature. Commit to spending time with the sunrise and the sunset. The sun harmonizes your circadian clock -- the clock that all of nature (including you!) runs on.



## Front-Load your Feeding

Eat in a funnel shape: big at the top and small at the bottom. After your epic break fast meal, simply answer ever-quieter hunger as the day goes on. Lighten your meals from breakfast onward.



## Push your Meal Intervals

Ride the wave of satiety. Each meal should last you at least 3 hours before the rumble of hunger shows up again, And when it does, how urgent is it? Can you hang with it for a half hour or so? This is an interesting metabolic pressure test.



## Sleep like it's your dang job.

Without sufficient, quality rest, you will struggle to be the best you can be. If your work/life allows is, can you consistently get to bed before midnight, and get at least 7 hours of sleep every night?



## Take Two Walks a Day

This is the most metabolically important type of exercise you can do. Try committing to 2 walks a day: one in the morning, as early as you can (before breakfast, if possible); and one after dinner.

