

tips for

FIGHTING THE #FATDEMON

WHAT TO DO

5-6 smaller meals
eat every 2-3 hours
drink lots of water
prep meals in advance
cook from scratch
LOTS of fruits, veggies,
whole grains and lean protein
minimal ingredients
watch portion size
keep a food diary

WHAT NOT TO DO

preservatives
artificial sugar foods
processed foods
packaged foods
saturated fats
alcohol
"low fat" or "light"

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