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- 01** COME BACK TO EARTH  
Choose the least processed forms of carbohydrates including brown rice, potatoes, quinoa, 100% whole wheat products, and starchy vegetables (peas, corn, beans, and squash).

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  - 02** EAT A RAINBOW OFTEN  
Eat fruits or vegetables with each meal. Choose a variety of colors for the biggest benefit, and aim to get three colors on your plate at every meal.

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  - 03** THE LESS LEGS THE BETTER  
Include a lean protein source with each meal.

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  - 04** EAT HEALTHY FATS  
Include healthy fats in your fueling strategy. Fantastic fats include nuts, seeds, olive oil, natural nut butters, avocado, fatty fish, and flax (ground or oil).

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  - 05** EAT BREAKFAST EVERY DAY  
When you eat within 30 minutes of waking up, you jumpstart your metabolism. This gives you more energy to get your day going.

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  - 06** THREE FOR THREE  
Eat smaller portions more often. No excuses! You should be eating four to six meals a day. Aim for all three macronutrients (carbs, protein, and fat) every three hours for optimal nutrition.

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  - 07** STAY HYDRATED  
Dehydration decreases performance, energy levels, and mental acuity. Aim to consume half of your body weight in ounces of naturally non-caloric beverages (water / green tea) every day.

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  - 08** DON'T WASTE YOUR WORKOUT  
Have a post-workout recovery meal or shake that combines both carbs and protein immediately after you train.

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  - 09** SUPPLEMENT WISELY  
Fuel first and supplement second. If you're not getting what you need through food, add a multivitamin and fish oil to fill the gap in your daily routine.

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  - 10** SLEEP  
Aim for 7-9 hours of sleep. If you can't sleep that long, consider taking power naps when you can. The body recovers and repairs best when it's sleeping.