

Week Two:

Nutrition Strategy – Balance Your Energy

This week you will keep your meal plan pretty much the same as last week – remember to keep things simple.

You will continue to not have any bread, rice, pasta, potatoes and cereal for one more week. It is important to maintain this plan for one more week as this is where you really begin to see results. You should weigh in each week and track your progress on your results worksheet; this will provide you with encouragement and motivation. Following are some tips to help balance your energy level throughout the day:

- Have an Energy Balancer with each meal and snack. Energy balancers include protein, fiber and fat – they slow down digestion and absorption; they add staying power to your energy level. Some examples of energy balancers include meat, dairy, fish, peanut butter, beans, nuts, and whole grain foods.
- Stay away from foods that sabotage energy:
 - Sugar – cakes, candy, cookies, etc.
 - Simple Starches – fruit or fruit juice without protein
 - Complex Starches – breads, rice, pasta, potatoes, and cereals
- Eat a meal or snack every 3 – 4 hours.
- Follow the recommended training plan – exercise decreases insulin resistance and efficiency of insulin thereby improving your energy level.

The only way to ensure your energy stays balanced all day is to plan!

Examples of energy supporting meals and snacks:

Salad (lots of fresh vegetables) with grilled chicken

Apples with peanut butter

Grapes with string cheese

Banana with cottage cheese

Yogurt with walnuts