



3 HOUR EATING

When we eat it's important to pair up are foods properly. Proteins, Carbohydrates, Fruits and Veggies are the categories that we're going to focus on. I would like to see all my campers learn to eat 5 to 6 small meals daily. Eating this way evens out our blood sugar, so you don't have mood swings and binge eating. Our body needs to have even blood sugar throughout the day. That's where the Three Hour Diet comes into play. (There is a great book on the market called the Three Hour Diet by Jose Cruse). Here is an example of a typical day of eating clean:

Morning: 3 egg whites (protein) ¼ to ½ cup of oatmeal (carbs)

You can add all natural organic sugar to your oatmeal if you need a little sweetness or some apple and cinnamon if you would like. If you don't like eggs, have some turkey sausage (2 pieces) or just a scoop of protein powder (Juice Plus Complete has chocolate or vanilla meal replacement shakes)

Snack: (Within 3 hours of each other)

Juice Plus Complete Shake/ other meal replacement shake

Or ½ apple (carb) and string cheese (protein)

Or you can have cottage cheese with a small piece of fruit

Lunch: (Within 3 hours)

Chicken breast ½ cup of brown rice steamed veggies

Or Turkey sandwich on whole wheat no mayo, loaded with veggies

Or large salad with egg or lean meat

Snack: (Within 3 hours)

Protein bar or 10 almonds

This is the time of day that you don't need as much carbs. Carbs give us energy so in the morning we need more as it gets later in the day we don't need as much. So have a snack that has more protein and less carbs, that's why the bars are good for this time of day.

Dinner: (Within 3 hours)

Same as lunch, protein, carb and veggie. Lean meat, ½ of yam or ½ cup of brown rice and a dinner salad, have your dressing on the side, use clear dressings and dip your lettuce in it don't pour it all over because you don't need that much, 2 tbl. is enough.

After dinner, if you must (ha,ha)

If you need a desert have a serving of Jell-O, the pre packed singles are great. You can put a dollop of fat free cool whip on it. Or try the sugar free puddings with cool whip they're just as good. OR try some strawberries with the fat free cool whip.

This is just a suggested day; make good choices, lean meats fresh veggies. All I want you all to do is eat clean. No fried foods, try not to use butter and oils too much, if you need oil use olive oil (or other healthy oils) sparingly. Give yourself a cheat meal (one a week)... then you won't feel like you can't have a burger or pizza because you can, in moderation. Stick with whole grains and fresh meats and veggies!!! I gave you a list of Carbs, Proteins, Fruits and Veggies. Use your list and create clean meals and healthy snacks

You all can do it!!!! Be a carrot!!! Nicole