

DAILY DIET TEMPLATE

BREAKFAST: It's a cliché but yes breakfast is the most important meal of the day. People that eat breakfast are less likely to be obese and will have more chance of reducing body fat.

SNACK 1: Eating a healthy snack will keep that metabolism going and it will also help you to control the portion sizes of your main meals.

LUNCH: Remember it's a balance of fiber, complex carbohydrates , protein and fats that make a healthy fat blasting nutritious diet.

SNACK 2:

DINNER: Again making sure that you have a balance of fiber, complex carbohydrates, protein and fats. Try to focus on whole foods reducing the amount of processed foods that you eat.

SNACK 3:

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VEGETABLES



**MEAT, CHICKEN, FISH
AND NUTS.**



**RICE, POTATOS,
PASTA, BEANS
AND WHOLE
GRAINS**

