

THE 1-DAY MEAL PLAN CHEAT-SHEET

- Designed exclusively for subscribers to The Fit Father Project -

Immediately Upon Waking:

- Drink 20-32 oz of water.
- Pro Tip #1: Add 1 pinch of [Pink Himalayan Salt](#) or [Ionic Trace Minerals](#) to ensure your body has all the electrolytes and trace minerals it needs for optimum performance.
- Pro Tip #2: Get a [32oz water bottle](#) that's filled and already sitting by your bedside/night-stand to make this morning water habit super "turn-key."
- Pro Tip #3: We also recommend you do 5-minutes of morning movement like we show you here to wake up your body & get your circulation pumping.



Meal #1 (Between 7-9am):

- Keep this first meal low in carbs; an ideal target to aim for is less than 25g of carbs, which means That most breakfast carb-foods (toast, oatmeal, juices, muffins, bagels, etc) are not good choices.
- Pro Tip: From helping thousands of fathers, we've discovered that keeping your first meal simple is the best option to ensure you stay consistent. That's why we prefer morning shakes or a [low-carb omelet recipe like we cover in your 1-Day Meal Plan here](#).



Hydrate Until Lunch:

- Aim to drink another 20-32 oz of water between Meal #1 and Meal #2.
- Pro Tip: For added fat-burning and energy benefits, consider brewing 32oz of quality organic green tea ([like Numi's Gunpowder Green](#) - shown on the right brewed in a 32oz mason jar), which is research proven to help men 40+ lose fat and increase metabolic rate.



Meal #2 (Between 11:30am-1pm):

- For lunch, pair any type of protein + veggie + an optional small serving of healthy carbs. Salads with protein are great options.
- Over the next few days in this **Free Email Training**, we're going to dive much deeper into the proper eating guidelines for lunch (with more recipes).



Drink Water/Tea Throughout The Afternoon:

- Aim to drink another 32 oz of water/tea after lunch leading up to dinner.

Afternoon Snack/Mini-Meal (Between 3:30pm-4:30pm):

- It's important to have some higher protein snack between lunch and dinner so that you don't head into dinner starving because you haven't eaten for 6+ hours.
- We cover all the best snacks in our full [Fit Father 30X Program](#). For now, you can start with a simple snack of 1/3 cup of nuts/seeds or a [low-sugar protein bar like this](#).



Meal #3 (Between 5:30pm-7:30pm):

- Throughout this [1-Day Meal Plan](#), we've talked about the importance of having simple, regimented meals for your breakfast, lunch, and afternoon mini-meal so that you don't have to do much "thinking" about healthy eating. Dinner is a bit different. It can be your most "flexible" meal of the day where you eat a variety of foods.
- Follow this simple **"Perfect Plate"** format, which we'll cover in much more detail over the coming days in your **Free Email Training**:
 - Fill ½ of your plate with any kind of veggie you love (preferably green).
 - Fill ¼ of your plate with any kind of protein you love (preferably organic).
 - Fill ¼ of your plate with any kind of healthy carb you love.



Remember: We're just getting started with this training. We'll cover all the finer points in detail over the coming days. Keep an eye on your inbox for your Day #1 Training tomorrow.