



TENNISNUTRITIONSECRETS

The 10 Step **KISS** Method



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1. Create your lifestyle around healthy eating
2. Shop at health food stores
3. Eat whole foods: high quality protein, good fats, fruits, vegetables, nuts, seeds
4. Drink water
5. Avoid/reduce processed food
6. Avoid/reduce alcohol, caffeine, and sugar
7. Eat at ethnic restaurants
8. Allow for cheat days
9. Find a chiropractor who specializes in nutrition and health
10. Stick with your healthy lifestyle program: if you lose focus, get back to your routine

