

## **Eating**

- 1.** *Eat every three hours.*
- 2.** *Eat five times a day.*
- 3.** *Eat protein with your carbs.*
- 4.** *Limit your carbs to fewer than 50 depending on body weight.  
Limit to fewer than 40 if trying to lose weight.*
- 5.** **Rest.** *You will eat less if you rest more.*
- 6.** *You also need to exercise.*