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*Answer
each question
according
to these
5 habits...*

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**the FIT
STOP**
**5 Habits
Cheat
Sheet**

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5 Habits Cheat Sheet

theFIT STOP

- 1. When did you last eat?**
If it's been longer than 3-4 hours it's time to eat.
- 2. Where is the complete protein?**
Are you about to eat at least 1 serving 20-30g of complete protein? If not, find some protein. Women get 1 serving, and men get 2.
- 3. Where are the veggies?**
Are you about to eat at least 1-2 servings of veggies? Prepare them any way you like, but eat them at every meal. (One serving is about 1 cup and your target is 5+ cups per day.)
- 4. Where are the carbs?**
If you have fat to lose but haven't just worked out, put down the bread, pasta, rice and other starchy carbs. Opt for a double serving of fruit & veggies instead. If you have just worked out, some carbs are fine.
- 5. Where are your fats coming from?**
Today you need some fat from:
 - Good quality animal foods
 - Olive oil
 - Avocado
 - Nuts
 - Fish oil or Krill oilSpread them throughout the day but make sure to add them in.

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