



Balancing Nutrition
Tu cuerpo en Equilibrio

Check list:

This checklist will help you remember all the little things that can help you in your journey. Remember: if you forget something - IT DOESN'T MATTER! Just continue... plan your treats into your diet so that You are in control, and not the food you eat.

- 1 Tbsp. apple cider vinegar in a glass of water. Drink with a straw about 20 minutes after waking up, and if wanted, before the heavier meal of the day.
- Try to do a fast of at least 14 hour between the last meal of the day and the first of the next. Water and tea don't break your fast.
- Your meal consists of Vegetables, proteins and healthy fats. First eat leafy veg with olive oil, than vegetables and proteins with fats. If you want to add carb to your meal, add them at the end!
- Desserts and treats are fine, within the recipes that fit the low carb diet. Best to eat them after your heaviest meal. And take the time to fully enjoy 😊
- Take care to sleep enough. Find a routine that will help you fall asleep. Good sleep quality lets your body rest and restore!
- Keep in your bag some nuts or almond crackers so that if you really need to eat on the go, you have something with you that won't spike the insulin level.
- Going to a party or a place you know you won't have the right food options? Plan it into your day. Eat a good amount of vegetables with healthy fats at the start of

that day, drink water with apple cider vinegar before going- all things that will support your body not to spike and to deal better with the carbs and sugars.

- Drink at least 8 glasses of water or tea spread during the day!