



How to Use Your Nutrition Tools

The Food Diary is hands down the most powerful nutrition tool at your fingertips. The Food Diary simply creates awareness, and when you're aware of the food quality, quantity and timing of your meals you WILL make better decisions. You might be shocked to realize what you're consuming when you write everything down and see it right in front of you. This tool, in conjunction with your Primal Compliance Excel Doc and the Primal Allowable Food List, can make the difference between mediocre results or extra-ordinary.

Next is the Allowable Foods List. People have been asking what they can eat to get the best results in general and during a Challenge. My answer is in the form of a question: "Is it on your allowable foods list?" If you don't see it there, then it shouldn't be eaten during your Challenge. If you choose to eat that food after the fact then it should be considered part of your 10% cheat meals for your week. Make the right decision ;).

Let me ask you an important question: Are you investing in mediocrity? I didn't think so. If your Food Diary mimics your Allowable Food List 90% of the time, it's almost impossible not to have EXTRA-ordinary results

Finally the Primal Fit Compliance System. Please use this doc in conjunction with your food diary. The goal is to attain a 90% Compliance rating according to your allowable foods and 10 Habits lists. Please place on your desk top, fill out "missed," "non-compliant" or "compliant after each meal and return to me at week's end (Monday) or first training session. If you're participating in Nutrition 101 (and I hope you are), bring your Compliance System and your Food Diary with you so that we can give you feedback.

Let me know if you have any questions regarding these documents, or any others for that matter. The nutrition portion of your program is just that important! With 168 hours in a week and 2-4 hours of training with me, nutrition can't be taken lightly...

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<http://www.youtube.com/user/ImpackTotalFitness>