



## PRIMAL FIT MIAMI'S 10 HABIT LIST

**Habit No. 1:** Whether it's 3 meals or 5 or 6, plan feeding schedule that works best for you

**Habit No. 2:** Eat a complete protein with each feeding opportunity

**Habit No. 3:** Eat vegetables with each feeding opportunity

**Habit No. 4:** Eat vegetables and fruits with any meal; **"other carbs"** only after exercise

**Habit No. 5:** Eat healthy fats daily

**Habit No. 6:** Don't drink beverages with more than 0 calories

**Habit No. 7:** Eat whole foods instead of supplements whenever possible

**Habit No. 8:** Plan ahead and prepare feedings in advance

**Habit No. 9:** Eat as wide a variety of good foods as possible

**Habit No. 10:** Plan to break the rules 10% of the time **(after you've completed the 30 days!)**