



From  
**FRAZZLED** TO  
**FREEDOM**

WEEK 1

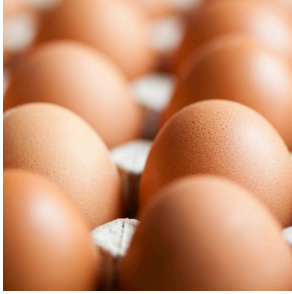




# P rotein

(3-5 oz. serving)

beef  
bison  
chicken  
cottage cheese (1.5 c.)  
eggs (2-3)  
fish  
lamb  
seafood  
tuna  
turkey  
pork  
venison  
whey (≈20g)



# F at

(at least 10g/serving)

almonds (≈16)  
avocado (1/2)  
butter (1 T.)  
cheese (1 oz.)  
coconut milk (1.5 c.)  
coconut oil (1 T.)  
cream (2 T.)  
cream cheese (2 T.)  
macadamia nuts (≈6)  
mayonnaise (1-2 T.)  
olive oil (1 T.)  
olives (≈10)  
peanut butter (2 T.)  
pecans (≈20)  
pistachios (2 T.)  
seeds (2 T.)  
walnuts (≈8)



# C arbs

non-starchy vegetables  
(1-3 c. serving)

artichokes  
asparagus  
broccoli  
Brussels sprouts  
cabbage  
cauliflower  
celery  
cucumbers  
eggplant  
green beans  
kale  
leafy greens  
mushrooms  
okra  
peppers  
spinach  
tomatoes  
zucchini



## Eating Balanced

- Make sure you include protein, fat, and carbs every time you eat!
- At meals we generally recommend 1 serving of protein with 1-2 servings of fat, and 1 serving of non-starchy and/or starchy carbs. You might find only including non-starchy carbs (and no other starches) keeps your blood sugar balanced best. Or, you might find you need more than one serving of carbs. And that's okay!

- Between your meals, have a snack that's about half the meal serving size: 1/2 serving of protein with 1 serving of fat and 1 serving of carbs, ideally non-starchy.
- Remember, this isn't about getting too nit picky with counting calories, carbs, protein or fat. It's about making sure you eat all three macronutrients (PFC) every time you eat to keep your blood sugars stable to feel your best!
- For meal and snack ideas, check out our [50 Days of PFC Meal Plans!](#) We've taken the burden of planning off your shoulders and have an option available for [adults](#) and one for [kids](#)!

starchy carbs  
(1/2 c. serving)

beets  
carrots  
corn  
peas  
potatoes  
pumpkin  
squash  
yams  
apple  
banana  
berries  
cherries  
grapefruit

grapes  
kiwi  
melon  
nectarine  
peach  
pear  
pineapple  
beans  
rice  
lentils  
oats  
quinoa  
chickpeas

# Track your FOOD, Track your SUCCESS!



## Breakfast

Protein \_\_\_\_\_  
Fat \_\_\_\_\_  
Carb \_\_\_\_\_

## Afternoon Snack

Protein \_\_\_\_\_  
Fat \_\_\_\_\_  
Carb \_\_\_\_\_

## Morning Snack

Protein \_\_\_\_\_  
Fat \_\_\_\_\_  
Carb \_\_\_\_\_

## Dinner

Protein \_\_\_\_\_  
Fat \_\_\_\_\_  
Carb \_\_\_\_\_

## Lunch

Protein \_\_\_\_\_  
Fat \_\_\_\_\_  
Carb \_\_\_\_\_

## Bedtime Snack

Fat \_\_\_\_\_  
Carb \_\_\_\_\_

## Check in

how hungry are you? \_\_\_\_\_  
(1=stuffed 5=satisfied 10=starving)

how are you feeling? \_\_\_\_\_

what are you drinking? \_\_\_\_\_

how'd you sleep last night? \_\_\_\_\_

## Breakfast

Protein \_\_\_\_\_  
Fat \_\_\_\_\_  
Carb \_\_\_\_\_

## Afternoon Snack

Protein \_\_\_\_\_  
Fat \_\_\_\_\_  
Carb \_\_\_\_\_

## Morning Snack

Protein \_\_\_\_\_  
Fat \_\_\_\_\_  
Carb \_\_\_\_\_

## Dinner

Protein \_\_\_\_\_  
Fat \_\_\_\_\_  
Carb \_\_\_\_\_

## Lunch

Protein \_\_\_\_\_  
Fat \_\_\_\_\_  
Carb \_\_\_\_\_

## Bedtime Snack

Fat \_\_\_\_\_  
Carb \_\_\_\_\_

## Check in

how hungry are you? \_\_\_\_\_  
(1=stuffed 5=satisfied 10=starving)

how are you feeling? \_\_\_\_\_

what are you drinking? \_\_\_\_\_

how'd you sleep last night? \_\_\_\_\_

## Breakfast

Protein \_\_\_\_\_  
Fat \_\_\_\_\_  
Carb \_\_\_\_\_

## Afternoon Snack

Protein \_\_\_\_\_  
Fat \_\_\_\_\_  
Carb \_\_\_\_\_

## Morning Snack

Protein \_\_\_\_\_  
Fat \_\_\_\_\_  
Carb \_\_\_\_\_

## Dinner

Protein \_\_\_\_\_  
Fat \_\_\_\_\_  
Carb \_\_\_\_\_

## Lunch

Protein \_\_\_\_\_  
Fat \_\_\_\_\_  
Carb \_\_\_\_\_

## Bedtime Snack

Fat \_\_\_\_\_  
Carb \_\_\_\_\_

## Check in

how hungry are you? \_\_\_\_\_  
(1=stuffed 5=satisfied 10=starving)

how are you feeling? \_\_\_\_\_

what are you drinking? \_\_\_\_\_

how'd you sleep last night? \_\_\_\_\_

## Breakfast

Protein \_\_\_\_\_  
Fat \_\_\_\_\_  
Carb \_\_\_\_\_

## Afternoon Snack

Protein \_\_\_\_\_  
Fat \_\_\_\_\_  
Carb \_\_\_\_\_

## Morning Snack

Protein \_\_\_\_\_  
Fat \_\_\_\_\_  
Carb \_\_\_\_\_

## Dinner

Protein \_\_\_\_\_  
Fat \_\_\_\_\_  
Carb \_\_\_\_\_

## Lunch

Protein \_\_\_\_\_  
Fat \_\_\_\_\_  
Carb \_\_\_\_\_

## Bedtime Snack

Fat \_\_\_\_\_  
Carb \_\_\_\_\_

## Check in

how hungry are you? \_\_\_\_\_  
(1=stuffed 5=satisfied 10=starving)

how are you feeling? \_\_\_\_\_

what are you drinking? \_\_\_\_\_

how'd you sleep last night? \_\_\_\_\_



# Good Fats



Healthy fats support metabolism, improve brain function, reduce hunger, and help keep blood sugar levels stable which helps prevent type 2 diabetes and heart disease.

**Enjoy healthy fats like these at every meal and snack:**

- almonds
- avocado
- butter
- cheese
- coconut milk
- coconut oil
- cream
- cream cheese
- macadamia nuts
- mayonnaise
- olive oil
- olives
- peanut butter
- pecans
- pistachios
- seeds
- walnuts



# Bad Fats

Bad fats create inflammation all over the body, they can lead to poor immune function, memory problems, heart disease, type 2 diabetes and more.

**Always read your labels! Avoid unhealthy fats found in these foods and more like the plague:**

- chips
- coffee creamer
- corn oil
- cookies
- cool whip
- cottonseed oil
- hydrogenated oils of any kind
- margarine
- miracle whip
- nuts roasted in oils
- partially hydrogenated oils of any kind
- safflower oil
- shortening
- soybean oil
- store-bought baked goods
- trans fats
- vegetable oil





## HOW DOES BLOOD SUGAR WORK?

- When you eat your blood sugars rise.
- During the hours after eating your blood sugars fall.
- Skipping meals and eating high sugar, processed foods causes a sharp spike and a quick drop resulting in increased inflammation, cravings, fat storage, and more!

**SOLUTION:** Balanced meals and snacks. Protein, fat, and carbohydrate eaten every few hours will promote stable blood sugar, glucagon secretion and fat burning!

We recommend [ProbioVive™](#), [Pure Glutacaps™](#) and [Pure Fish Oil](#) at every meal and snack to aid in blood sugar regulation and weight loss, too! Available in the [Real Food Vitamins Store!](#)

## INSULIN

- When your blood sugar levels are high, the hormone insulin is released.
- Insulin inhibits fat burning.
- With release of insulin, your body enters fat storing mode.
- You can't be fat storing and fat burning at the same time.

## GLUCAGON

- When blood sugars are stable, the hormone glucagon is secreted and your body enters fat burning mode.
- Glucagon moves fat from storage to be used as energy.
- Fat from storage = burned fat = weight loss/stability!

