

Ed's Healthy Diet Protocol for Losing Weight

1

Taste the rainbow! Nature's rainbow, that is. Incorporate colorful, quality foods into your diet at least 2 times per day.



2

Be strategic with your carbohydrates. You don't have to eliminate, but lessen your overall intake. And, when you do incorporate carbs, be sure that they're unprocessed and unrefined.



3

Consider intermittent fasting (IF) for 13 - 14 hours per day. No matter what diet you follow, IF helps to balance insulin and cortisol.



4

Eat fats! Incorporate healthy fats with EVERY meal. Think avocado, MCT oil, ghee, olive oil (high quality sources), nuts, & seeds. Fats slow the rate of carb absorption, which is key to maintaining an optimal blood chemistry level.

