Fruit
for dessert or after exercise

Veggies
including a wide variety of non-starchy vegetables

Water or tea

Protein
including red meat, chicken, fish, eggs, or plant source

Starches
including sweet potatoes, potatoes, whole grains, bread

Fats
including healthy oils, nuts and seeds

• Eat slowly and stop eating when you’re 80% full.
• Follow hunger cues. Eat more or less based on your appetite.
• Choose mostly whole foods with minimal processing.
• Choose local or organic foods when possible.
• Use smaller or larger plates based on your own body size.

For more information, and to check out the article that accompanies this cheat sheet, visit www.precisionnutrition.com/nutrient-timing.