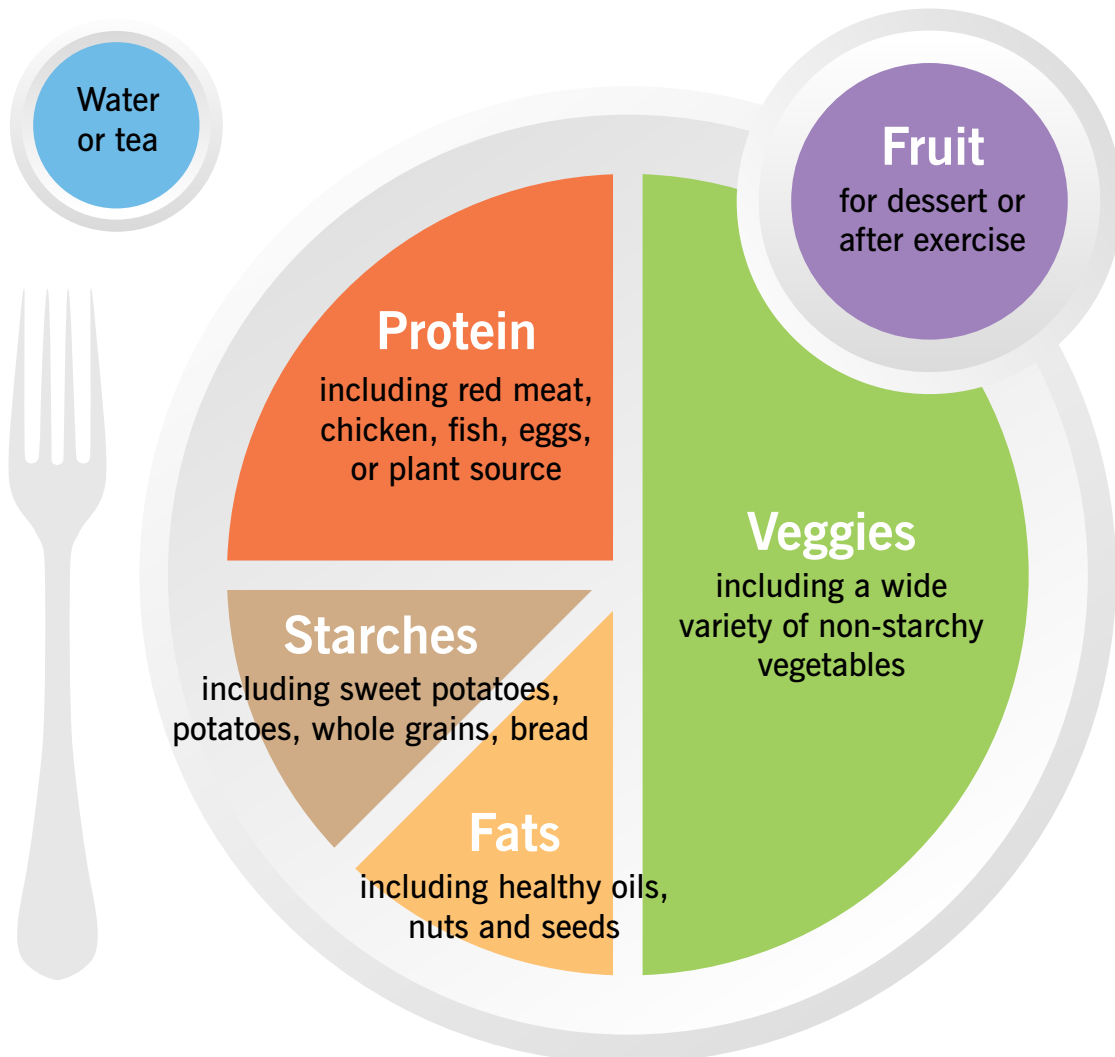


# Precision Nutrition Meal



- 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](http://www.precisionnutrition.com/nutrient-timing).

PrecisionNutrition

