

# LIFESTYLE OF VITALITY

## SAMPLE EATING SCHEDULE

You should operate your body like a machine. Many people eat at all times without consuming consciously. The purpose of this schedule is not only to speed up your metabolism, but to ensure your body is getting the proper nutrients throughout the day.

**As soon as you wake up:** Drink a glass of water or two with a little lemon.

*Water constitutes of the human body by weight. It is vital for life. Sedentary woman should consume on average about 9 cups of water per day. Since you will be more active, it is important to consume more than 9 cups. However, let's ensure that you are at least hitting that target. Having the proper amount of water ensures that nutrients are distributed throughout the body. It also maintains blood volume, liver functions improve, metabolic functions improve, and fluid retention is alleviated.*

**Breakfast** (Example Time: 7am): This meal should be eaten 30 minutes no later than an hour after you wake up. Your body has been resting and it is ready to be fueled. This truly is the most important meal of the day.

*Water (2 to 3 glasses of water) – During this time, your body is resting and digesting. You should not be eating anything during this time*

**Small energizing mid-day meal** (Example Time: 10am): This meal should be eaten between 2 to 3 hours after your breakfast

*Water (2 to 3 glasses of water) – During this time, your body is resting and digesting.*

**Lunch (Example Time: 12pm):** This meal should be eaten 2 to 3 hours after your mid-day energizing meal.

*Water (2 to 3 glasses of water) – During this time, your body is resting and digesting.*

**Small energizing mid-afternoon meal** (Example Time: 3pm): This meal should be eaten 2 to 3 hours after your lunch.

*Water (2 to 3 glasses of water) – During this time, your body is resting and digesting.*

**Dinner** (Example Time: 6pm): This meal should be eaten 2 to 3 hours after your mid-afternoon energizing meal.

*Water (2 to 3 glasses of water) – During this time, your body is resting and digesting.*

**Please note:** Please do your best not to eat after 7pm. If you usually eat very late, please start by moving the time up by an hour. For example, if you usually eat after 9pm, try not eating after 8pm until you eventually get to 7pm.