# **Simple Food Diet** Cheat Sheet

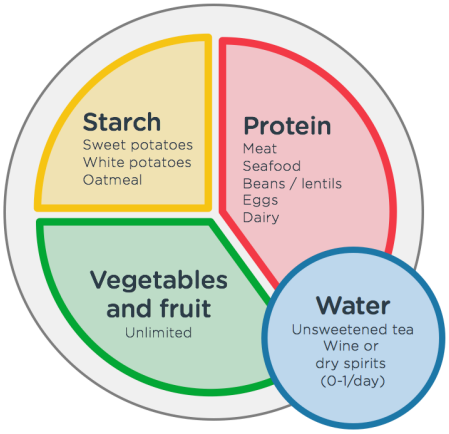
My Daily Protein units or grams: _____

## Diet Guidelines

1. Select foods and beverages only from the approved list.
2. Protein-rich food is the heart of each meal.
3. Eat 2-4 servings of vegetables per meal.
4. Begin each meal with a serving of vegetables and half the protein on your plate.
5. Eat at least 2 servings of carbohydrate-rich food per day, and more if desired.
6. Limit added fat to one tsp per meal, plus one additional tsp per cup of vegetables.
7. Favor low-heat cooking methods such as stewing, steaming, boiling, and poaching.
8. Eat until comfortably full, but no more.
9. One day a week, eat (almost) anything you'd like, but practice moderation.

** Find the recommended Simple Food Diet protein list under Ideal Weight Program materials*

### Simple Food Diet Plate




## Lifestyle Guidelines

### PHYSICAL ACTIVITY

Maintain an Activity Score of 100% or greater. This score combines:



- **Daily Steps**: Walk 10K steps per day (or set another step goal that is right for you under Settings on humanOS.me).
- **Weekly Exercise**: Any exercise that you like to do can be easy captured in the humanOS.me tracker.

### SLEEP

Hit your bedtime and sleep period duration goals in the humanOS.me sleep tracker:



- **Duration in Bed**: Be in bed for the amount of time you need to feel rested.
- **Sleep Timing**: Maintain consistent timing of when you go to bed and when you wake up.
- **Smart Light Rhythm**: Expose yourself to bright daylight for at least 30 minutes a day. In the evening, dim the lights to reduce overall light intensity and consider using blue blocking glasses or amber-toned light bulbs two hours from bedtime. At night, keep your sleep environment cool, quiet, comfortable, and dark.

### HEALTHY ENVIRONMENT

Maintain an environment at home and at work that facilitates healthy habits.



- **Food**: Make good options convenient and poor options unavailable or inconvenient.
- **Physical activity**: Use a step counter to measure steps; check your InTUNE training workout each morning.
- **Sleep**: Know what time you want to be in bed each night. Begin preparing 45 minutes ahead of that time to ensure you're in bed at the right time. Make your sleep environment conducive to restorative sleep.