Flash Diet Cheat Sheet

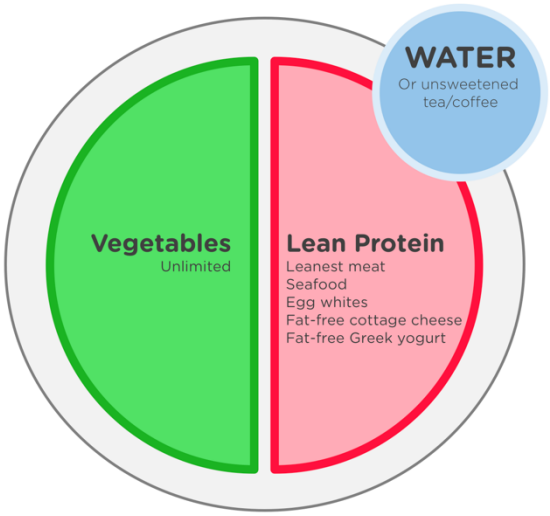
My Daily Protein Units:

Diet Guidelines

1. Lean protein and vegetables are the primary foods.*
2. Each meal should contain 2-4 servings of non-starchy vegetables.*
3. Up to 1 teaspoon of fat / meal (total) can be added to vegetables.
4. Favor low-heat cooking methods such as stewing, steaming, boiling, poaching, or "sautéing" in a pan with bit of water and the lid on.
5. Drink 5 glasses of fluid per day (water, tea, herbal tea, or unsweetened coffee).
6. One day a week, eat (almost) anything you'd like, but practice moderation.
7. After 2 weeks, introduce two servings of fresh whole fruit per day, and up to 2 whole eggs / day.

** Find the recommended FLASH protein list under Ideal Weight Program resources on Dansplan.com*

FLASH 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.