

## Personalized Meal Plan

Here's your chance to get a Personalized Meal Plan! This comes with a complete meal breakdown, from macros to calories, and includes whatever dietary requirements you need -- anything from vegan to vegetarian to gluten-free and beyond! I will make sure this meal plan perfectly suits YOU: your body type, your dietary requirements, and your goals. After purchase, you will complete a questionnaire to tell me about yourself and your requirements. Based on that, I will create your Personalized Meal Plan and email it to you within 3-5 business days.

### RULES:

1. When you receive the one-time meal plan, You can ask questions via video phone.
2. If you feel a meal plan is overwhelming or struggle to stick to it, consider making gradual changes instead of drastic ones. Focus on one habit at a time and allow for flexibility and occasional "cheats" to maintain motivation and prevent burnout.
3. A meal plan is a simple way for you to remove any responsibility or accountability for your own success or failure in a nutrition program. It might sound harsh, but sometimes, that is just how reality is. I have found that those who are insistent about wanting meal plans are the same ones who have a laundry list of excuses for everything, from why they can't work out to why they can't prep meals. I always say, *"I will do everything I can to help you reach your goals, but I can't eat and train for you. That is on you."*

## What is the 333 rule for weight loss?

Three hours, three meals, three snacks

DeaFIT followed a general rule of thumb:

Eat three balanced meals and three smaller healthy snacks throughout the day.

Proteins and healthy fats are essential because they keep you feeling full