

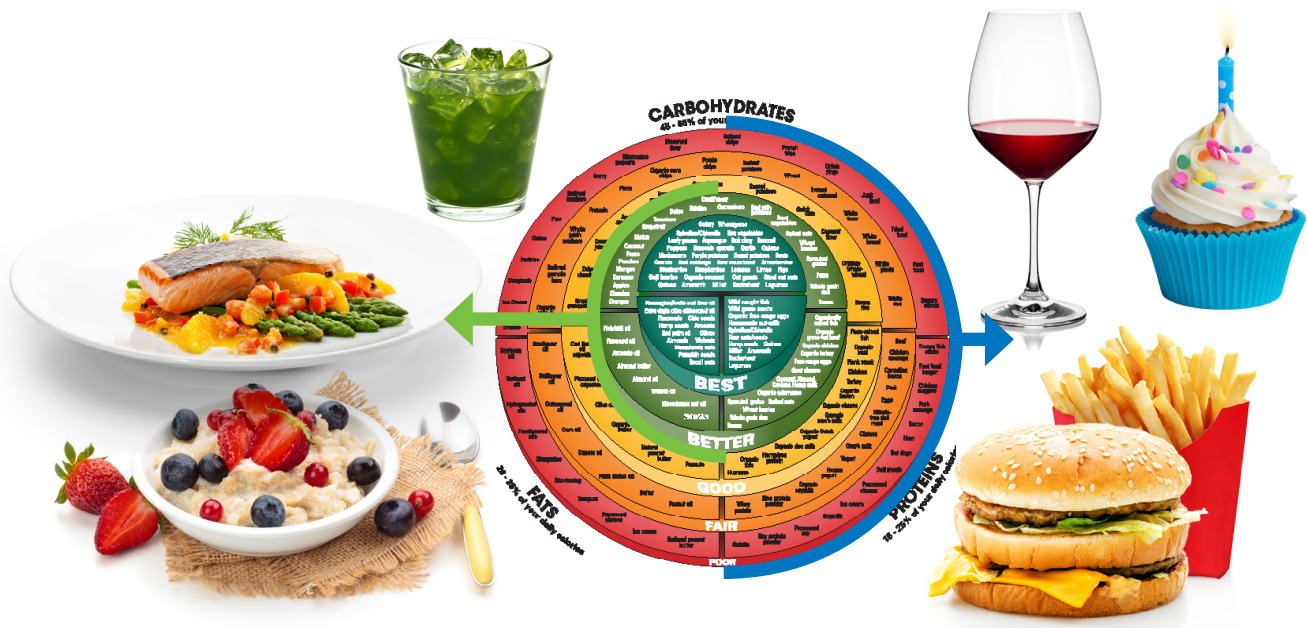


80/20 RULE

The Secret To A Sustainable Lifestyle Plan

The 80/20 Rule is a sustainable lifestyle plan that you can maintain and enjoy forever. The 80/20 rule allows you to make room for the things you love without giving up your health and still see the results you are looking for.

Here's how it works. **80% of the time** you focus on eating the superfoods found within the two center circles of the Food Target or within your food list. **20% of the time** you can make room for some of the things you love like birthday cake, dinner and wine out with friends, and Mom's home cooking. After all, a healthy lifestyle is about balance with a mix of eating for purpose and eating for pleasure.



Plan ahead for these special moments and use this rule to enjoy every experience to the fullest without feeling guilty. Remember not to waste your 20% on something that is so not worth it.

This plan allows you **4 meals out of the week** or **6 days** out of the month where you can “splurge” a bit for your **20%**. Remember to be intentional about your choices and mindful about how much and how often you indulge. Food is an experience and it's meant to be enjoyed in every way.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-----------|---------------|--------------|-----------|---------------|-----------|------------------|
| Breakfast | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast |
| Lunch | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch |
| Dinner | Dinner | Dinner | Dinner | Dinner | Dinner | Dinner |