

# WARRIOR DIET® Ten Commandments

1. Undereat during the day
2. Eat your main meal at night
3. Grant sufficient intake of essential nutrients from food (vitamins, minerals, Amino Acids, EFA's, Probiotics)
4. Introduce all tastes and as many aromas, textures and colors as possible in your main meal
5. Detox by avoiding meat, grain, sugar, refined food, soy and alcohol
6. Separate between fat and carb fuels
7. Avoid foods containing pesticides, chemical additives, artificial sweeteners, sugar alcohols, industrial fructose, industrial casein, thermolized (overheated) dairy and synthetic vitamins
8. Keep your diet low glycemic and whole. Do not eat carb foods alone
9. Avoid wrong food combinations such as:
  - a. Fat and sugar
  - b. Grain and sugar
  - c. Nuts and sugar (including fruits)
  - d. Nuts and grain
  - e. Alcohol and grain
  - f. Alcohol and sugar
10. Use quality whole whey or whole vegan protein for daytime nourishment and post exercise recovery.

# The Warrior Diet

**K Morrison**



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## **Table of Contents The Warrior Diet**

1. Understanding the eBook The Warrior Diet
  - The Rise of Digital Reading The Warrior Diet
  - Advantages of eBooks Over Traditional Books
2. Identifying The Warrior Diet
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an The Warrior Diet
  - User-Friendly Interface
4. Exploring eBook Recommendations from The Warrior Diet
  - Personalized Recommendations
  - The Warrior Diet User Reviews and Ratings

- The Warrior Diet and Bestseller Lists
- 5. Accessing The Warrior Diet Free and Paid eBooks
  - The Warrior Diet Public Domain eBooks
  - The Warrior Diet eBook Subscription Services
  - The Warrior Diet Budget-Friendly Options
- 6. Navigating The Warrior Diet eBook Formats
  - ePub, PDF, MOBI, and More
  - The Warrior Diet Compatibility with Devices
  - The Warrior Diet Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of The Warrior Diet
  - Highlighting and Note-Taking The Warrior Diet
  - Interactive Elements The Warrior Diet
- 8. Staying Engaged with The Warrior Diet
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers The Warrior Diet
- 9. Balancing eBooks and Physical Books The Warrior Diet
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection The Warrior Diet
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine The Warrior Diet
  - Setting Reading Goals The Warrior Diet
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of The Warrior Diet
  - Fact-Checking eBook Content of The Warrior Diet
  - Distinguishing Credible Sources

13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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