

# 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

**J Spring**



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