

# Diet Free Life Recipe Contributor Guidelines

Want to share a favorite meal and snack recipe? We'd love to see it. Here's how:

This said, please understand that for your recipe to be featured it must meet the guidelines of the **Diet Free Life Methodology** for either a Fat Loss Plate (fat burning meal) and/or Snack.

1. In your description of the recipe, choose a category you feel that best describes the type of recipe you're submitting: 1) Protein 2) Fast Carb 3) Slow Carb 4) Condiment 5) Fat 6) Vegetarian 7) Fat Loss Fusion 8) Snack (i.e., dessert)
2. To figure out the "Approximate Nutritional Analysis Per Serving" we recommend you use such sites as [www.nutritiondata.com](http://www.nutritiondata.com) and [www.calorieking.com](http://www.calorieking.com) to determine the amount of **Protein, Carbohydrates, Fat** and **Fiber** per serving.
3. Keep in mind that the caloric range for a meal for women is 300 to 500, and 400 to 600 for men.
4. Keep in mind that the caloric range for a snack for women is 100 to 200, and 100 to 300 for men.
5. When submitting a Protein-rich recipe (i.e., chicken dish) – be sure the recipe serving size has at least 15 grams of Protein.
6. When submitting a Carb-rich recipe (i.e., potato, rice) – be sure the recipe serving size has at least 15 grams of Carbs and no more than 45 grams for women, and 50 for men after subtracting the total grams of fiber.
7. When submitting your recipe, be as specific with directions as possible, which will include the method, ingredients (name brands when possible), measurements and the sizes of cans, packages and pans. And be sure to share your thoughts on the recipe and a little about yourself.
8. After submitting a recipe, please be patient.

If you have any questions about submitting your recipe(s), send to [lori@dietfreelife.com](mailto:lori@dietfreelife.com)