

EAT MEAT & VEGETABLES, NUTS & SEEDS,
SOME FRUIT, LITTLE STARCH AND NO SUGAR.

NUTRITION

KEEP INTAKE TO LEVELS THAT WILL
SUPPORT EXERCISE BUT NOT BODY FAT.

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**START
HERE**

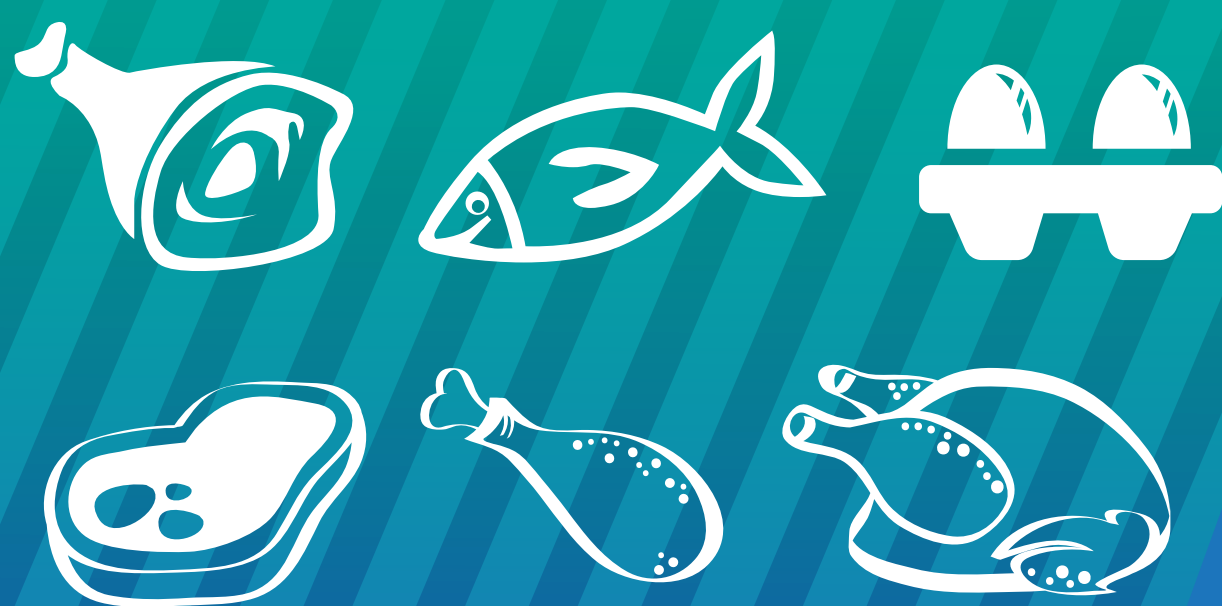
FACT:

FOOD DOESN'T HAVE LABELS
PRODUCTS HAVE LABELS

**X NOT
HERE**



PROTEIN



VEGGIES (CARBS)



EAT PLENTY OF THESE

FATS



INCLUDE SMALL PORTIONS OF THESE:
OILS • SEEDS • NUTS
LOOK FOR "GOOD FATS" THAT ARE HIGH IN OMEGA 3

**OCCASIONALLY:
SOME WHOLE
FRESH FRUIT
AND BERRIES**



COFFEE
IMPROVES BRAIN
ACTIVITY & PERFORMANCE,
AND MAKES YOU MORE
AWESOME OVERALL



**YOUR PLATE SHOULD
LOOK LIKE THIS**
PALM SIZE PROTEIN
SURROUNDED BY
VEGGIES & SALAD
THUMB SIZED FAT
IN ANY COMBO



**AVOID THE
CHEMICAL
S#!T STORM**



**SUGAR & CHEMICAL SUBSTITUTES
DIET AND FAT FREE PRODUCTS
AND ANYTHING PROCESSED**

GRAINS

- PROCESSING
- EMPTY CALORIES
- SPIKE INSULIN LEVELS
- STORED AS BODY FAT

SLEEP 7.5-9 HRS PER NIGHT

SLEEP IS IMPERATIVE LACK OF SLEEP
WILL DASH YOUR EFFORTS FOR HEALTH
AND FAT LOSS AND PUT YOUR BODY
IN AN INSULIN RESISTANT STATE.

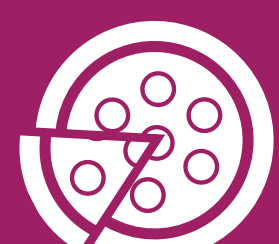
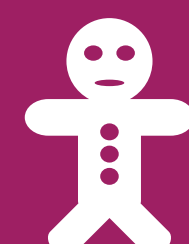


WATER



ESSENTIALS

LIVE



DON'T BEAT YOURSELF UP - **ENJOY IT**
IF YOU EAT RIGHT AND INDULGE IN THESE SPORADICALLY