

# NUTRITION

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

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

**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