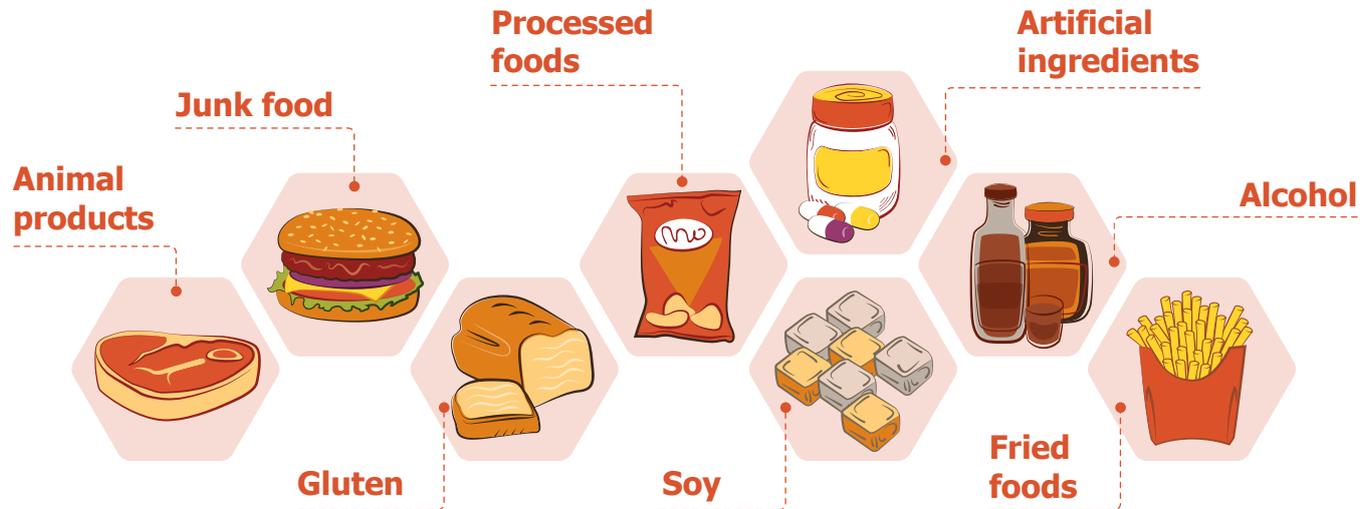


LIFESTYLE ROADMAP | CORRECT NUTRITION FOR OPTIMUM HEALTH

1. EAT CLEAN

REPLACE JUNK FOOD WITH PLANT-BASED WHOLE FOODS

Don't skip this step! 95% of diets fail because they try to eliminate instead of replace foods. Hack your dietary habit loop by replacing foods with better options, or the inevitable cravings will make your changes unsustainable. **Clean out your kitchen cupboards and fridge. Donate and toss all:**



2. EAT CONSISTENT

Eat the same thing every week.

If you eat out often

Choose plant-based cuisines and skip the bread, rice, and other grains. Order the same thing every time



If you cook for yourself

Create a weekly meal plan that prioritizes plant-based foods that are high in fats and protein. Eat the same thing each week

Weight Loss:

40% carbohydrate, 30% protein, 30% fat

[e.g. plate of vegetables with a palm-sized serve of lentils, ¼ of a small avocado]



Gaining Muscle:

40% carbohydrate, 40% protein, 20% fat

[e.g. plate of vegetables or very small serve of grains, larger portion of beans, small slice of avocado]

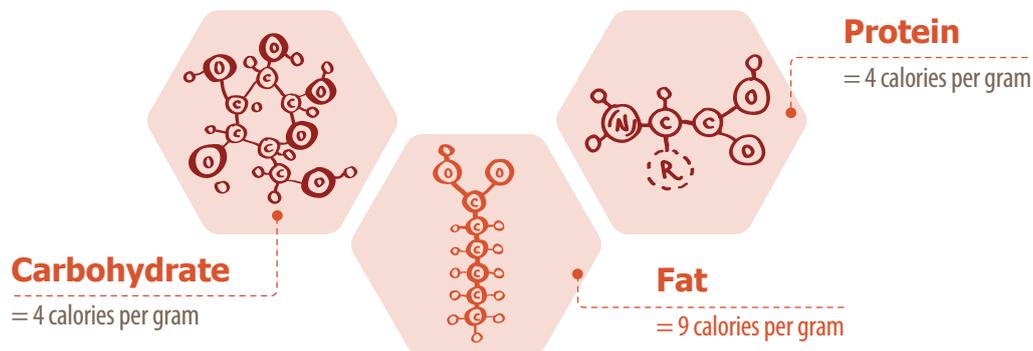


3. EAT CORRECT RATIOS

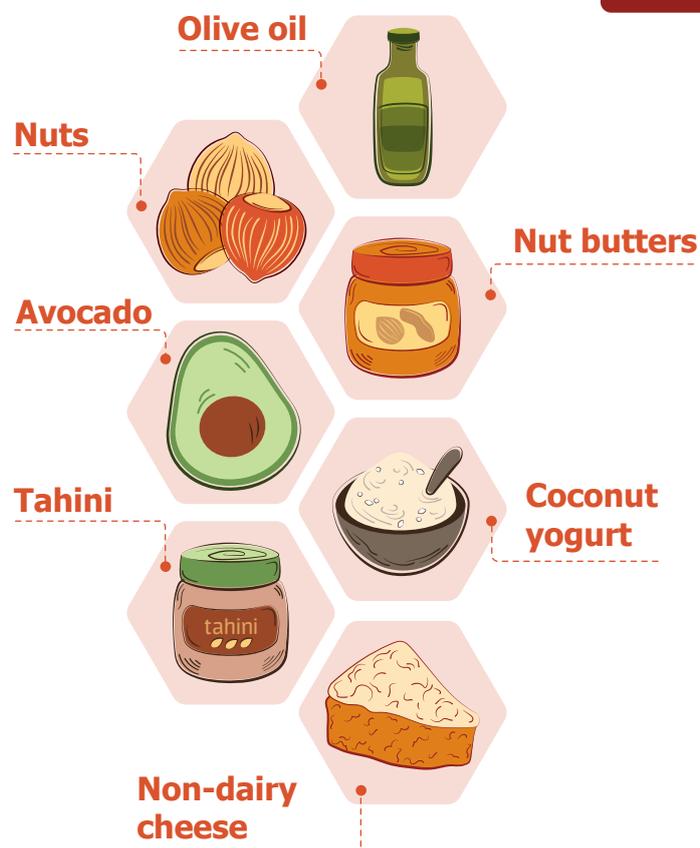
The ratio of fat: protein: carbohydrate is more important than the total amount of fat, protein or carbohydrate in each meal. Most people eat too many calories from carbohydrates and too few from fats and protein.

LIFESTYLE ROADMAP | CORRECT NUTRITION FOR OPTIMUM HEALTH

MACRO RATIOS ARE CALCULATED IN CALORIES, NOT VOLUME



FATS



KEEP IT SIMPLE

Build each meal around fats & protein. Focus on healthy fats and plant-based proteins, then add a small amount of complex carbohydrates to the plate.

PROTEINS

