

1. FIBROUS CARBS



2. STARCHY CARBS



3. FATS



4. PROTEIN



BREAKFAST



SNACK



LUNCH

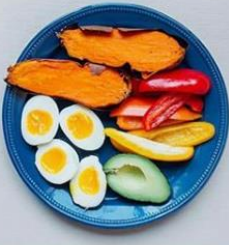


DINNER



4 WAYS TO EGG

Soft Boiled Eggs



Omelet



Baked Eggs



Scrambled Eggs



A STEAK DINNER

@functional.foods



MEAT FOCUSED
LACKS COLOR AND VARIETY

ALSO A STEAK DINNER



PLANT FOCUSED
VARIETY OF COLOR AND FIBER

BREAKFAST

vs.

BREAKFAST

@MeowMeix



710 calories
73g sugar



350 calories
13g sugar

WEIGHT LOSS



327 CALS
37g C | 38g P | 9g F

WEIGHT GAIN



603 CALS
67g C | 50g P | 15g F

WEIGHT LOSS

360 CALS
50g C | 22g P | 8g F

WEIGHT GAIN

842 CALS
78g C | 29g P | 46g F

1600 kcal

@danprice_639pt

1600 kcal

1

Greens + Fiber

2

+ Starch

1. RAW GREENS

2. COOKED VEG

@LiveVitae

3

+ Healthy fat

@FUNCTIONALFOODS

4

+ Protein

3. FATS

4. PROTEIN

VEGGIE VOLUME HACK

eMeowMeat

<p>BEFORE pasta + marinara 310 calories</p>	<p>BEFORE small salad 411 calories</p>	<p>BEFORE egg scramble 222 calories</p>
<p>AFTER pasta + marinara +zoodles 365 calories</p>	<p>AFTER full salad 490 calories</p>	<p>AFTER veggies egg scramble 281 calories</p>

FOOD

(mother nature - nutrient rich)

FAKE FOOD

(calorie dense - nutrient poor)

@LiveVitae