

Minimum daily intake

FAT



30g per day



40g per day

PROTEIN

1g of protein per 1kg of bodyweight

Eat real food

Avoid fake food

Be active every day



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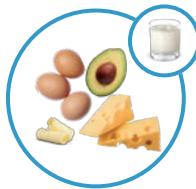
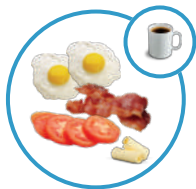
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Be sure to set a personal purpose as to why you want to lose weight and become healthier. This helps you focus on your end goal.

What Are Real Foods?

Real foods are naturally nutrient-dense and are minimally altered from their natural state, which will nourish you and satisfy hunger. For weight loss, it's also important to avoid starchy carbohydrates.

Breakfast



Lunch



Dinner



What Are Fake Foods?

Fake foods have been highly processed from their natural state with free-sugars and highly-processed oils, which will not nourish you.

