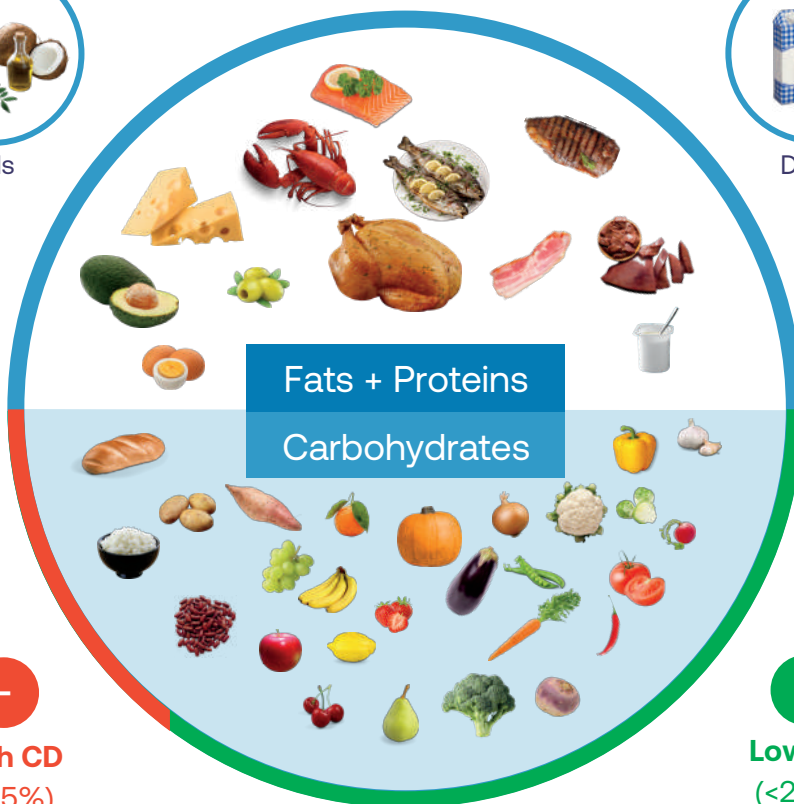




Oils



Drinks



**High CD**  
( $>25\%$ )

**Low CD**  
( $<25\%$ )

Focus on carbohydrate density (CD) of less than 25%

## Minimum daily intake

### FAT

30g per day 40g per day

### PROTEIN

1g of protein per 1kg of bodyweight

Eat real food

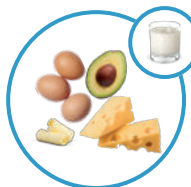
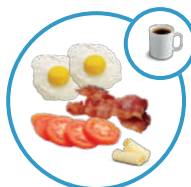
Avoid fake food

Be active every day

## 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.

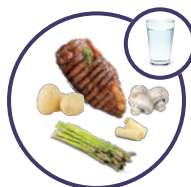
### Breakfast



### 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.

