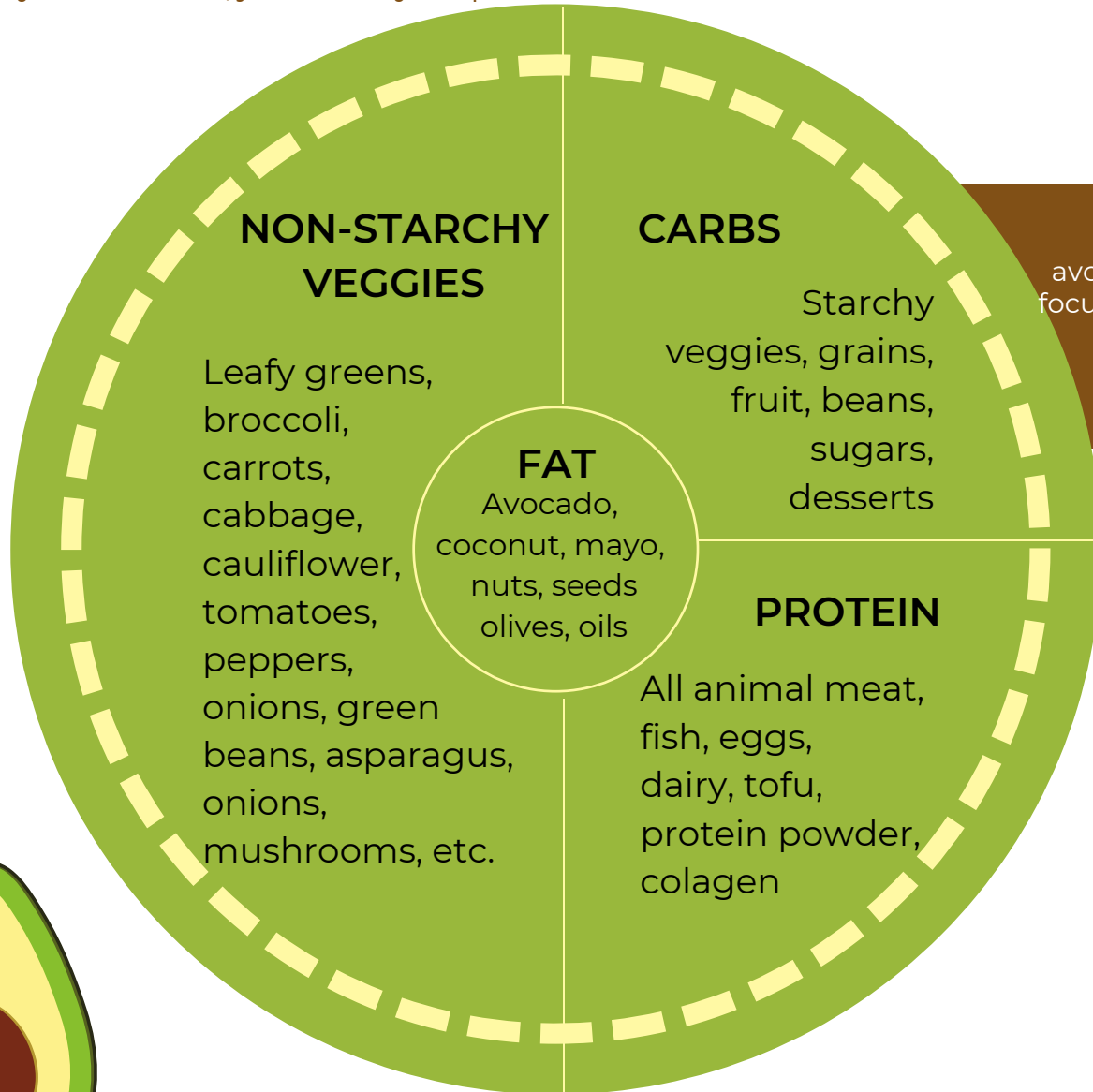




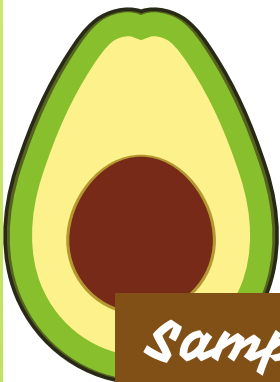
# Daily Macronutrient Goals

A low carb, moderate protein, high fat approach to decrease inflammation, balance weight, and increase energy! Any food philosophy can be used, just make your plates look like this at meals.



## SNACKS:

avoid carbs and focus on protein, fat & veggie options instead



## Sample Meal Based on ↑

This bowl is a perfect example because it's:

- 50% veggies (peppers, riced cauliflower, parsley)
- 25% is from high quality protein source (shredded meat)
- 25% is from whole food carbs (plantains)
- A side of fat to keep you full and nourished (avocado)
- Note the colorful veggies- this provides phytonutrients!

