 forkurbeoor 1





| VECETABLES |  |  |  |
| :---: | :---: | :---: | :---: |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
| CREATE YOUR OWN SPECTRUM |  |  |  |
| Protein | Cares | fats | Vecoils |
| cosme |  | Sematite |  |
|  | （＊＊） |  |  |
| Uritumex |  | Smateme |  |
| matumem | \％matum | matamem |  |
| HOW TO ADD FOODS TO THE SPECTRUM |  |  |  |
| At some point，you＇re going to want to eat foods that aren＇t on our spectrums Here＇s how to categorize them． <br> FIRST，FIGURE OUT THE MACRO CATEGORY： <br> －Which macronutrient delivers the majority of the callories？ Classifining a food as sthe macronutrient that delivers the most calories is generally a safe bet． <br> Which eating style do you follow？ <br> For someone eating lowcarrb or keto，it might be $\qquad$ <br> （3）－How is this food commonly eaten？ <br> NOW，DETERMINE ITS PLACE ON THE SPECTRUM： How close is it to a whole food？ Generally，the more processed a food，the further it moves $\qquad$ |  |  |  |
|  |  |  |  |
|  |  | $\theta$ |  |
| REMEMBER，YOU＇RE THE BOSS |  |  |  |
| We＇ve given you some ideas to get started．But YOU know best |  |  |  |

## 3 PREFEDJENCTFOR YNOUR

 CREATE YOUR OWN SPECTRUM

| VECETABLES |  |  |  |
| :---: | :---: | :---: | :---: |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
| CREATE YOUR OWN SPECTRUM |  |  |  |
| Protein | Cares | fats | Vecoils |
| cosme |  | Sematite |  |
|  | （＊＊） |  |  |
| Uritumex |  | Smateme |  |
| matumem | \％matum | matamem |  |
| HOW TO ADD FOODS TO THE SPECTRUM |  |  |  |
| At some point，you＇re going to want to eat foods that aren＇t on our spectrums Here＇s how to categorize them． <br> FIRST，FIGURE OUT THE MACRO CATEGORY： <br> －Which macronutrient delivers the majority of the callories？ Classifining a food as sthe macronutrient that delivers the most calories is generally a safe bet． <br> Which eating style do you follow？ <br> For someone eating lowcarrb or keto，it might be $\qquad$ <br> （3）－How is this food commonly eaten？ <br> NOW，DETERMINE ITS PLACE ON THE SPECTRUM： How close is it to a whole food？ Generally，the more processed a food，the further it moves $\qquad$ |  |  |  |
|  |  |  |  |
|  |  | $\theta$ |  |
| REMEMBER，YOU＇RE THE BOSS |  |  |  |
| We＇ve given you some ideas to get started．But YOU know best |  |  |  |


FIRST，FICURE OUT THE MACRO CATECORY：



Now，DETTRMINE ITS PLACE ON THE SPECTRUM：

REMEMBER，YOU＇RE THE BOSS





0
WHAT SHOULD I EAT？

| notan |  |
| :---: | :---: |
| 82 | （2）e |
| 3 | 10．0 |
| \％ |  |
| －－ | － |
| 5 | －0 |
| － | csi |
| \＆ | $00^{0} 9$ |
| $=$ | $\cdots$ |


 $\square$

$\qquad$

$\qquad$
$\square$
$\square$
$\square$
$\square$
$\square$
$\square$

## 1

$\square$號
$\qquad$號
$\square$


$\qquad$
$\square$

