

THE BUILDING BLOCKS OF HEALTHY EATING



WHAT YOUR BODY ACTUALLY NEEDS
(WITHOUT THE CONFUSION).



FIT & PROUD



PROTEIN

(4 KCAL/G)



BUILDS MUSCLE



KEEPS YOU FULL



HELPS RECOVERY

EXAMPLES:

**CHICKEN • FISH • EGGS •
GREEK YOGURT • TOFU**



CARBOHYDRATES

(4 KCAL/G)



GIVES YOU ENERGY



FUELS EXERCISE



POWERS YOUR BRAIN

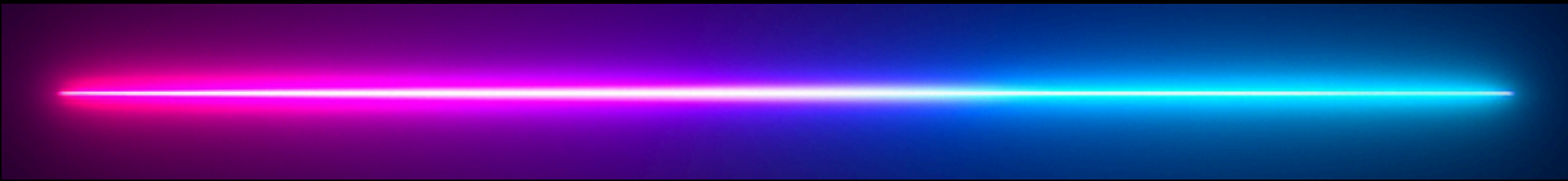
EXAMPLES:

**RICE • POTATOES • PASTA •
OATS • FRUIT**



HEALTHY FATS

(9 KCAL/G)



 **SUPPORTS HORMONES**

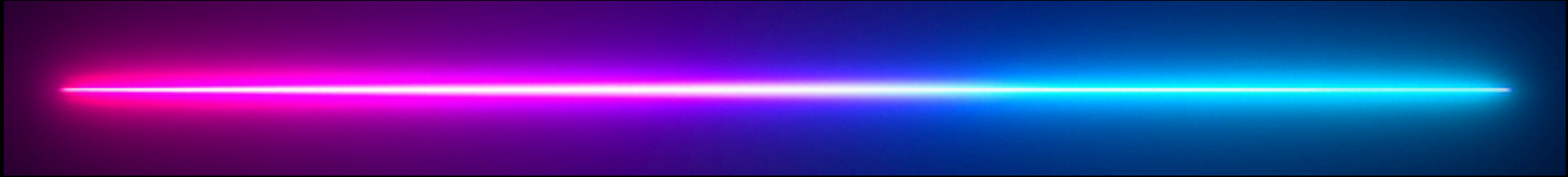
 **BRAIN HEALTH**

 **HELPS ABSORB VITAMINS**

EXAMPLES:

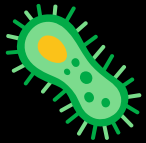
**OLIVE OIL • AVOCADO •
NUTS • SEEDS • SALMON**

FIBRE (~2 KCAL/G)



 BETTER DIGESTION

 KEEPS YOU FULL

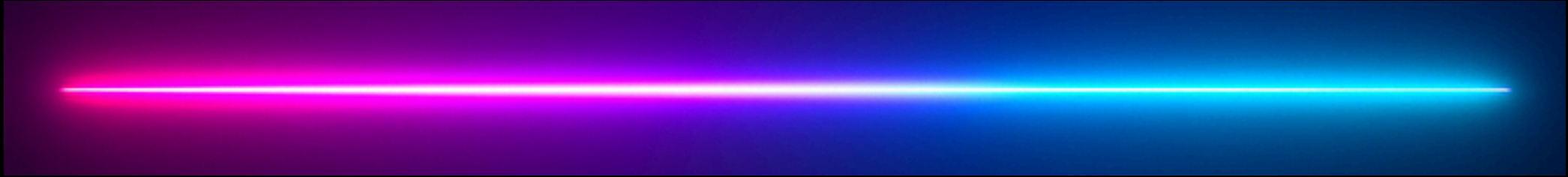
 SUPPORTS GUT HEALTH

EXAMPLES:

**VEGETABLES • FRUIT •
BEANS • LENTILS • WHOLE
GRAINS**



WATER
(0 KCAL)



KEEPS YOU HYDRATED



SUPPORTS ENERGY



IMPROVES PERFORMANCE

EXAMPLES:

**WATER • SPARKLING WATER •
TEA • COFFEE**



PUT IT TOGETHER

EVERY MEAL SHOULD
CONTAIN:



PROTEIN



CARBOHYDRATES



VEGETABLES OR FRUIT



HEALTHY FATS

SIMPLE BEATS PERFECT.





READY FOR THE NEXT STEP?



READ NEXT:



**HOW TO BUILD A HEALTHY MEAL
OR**



FAT LOSS CHECKLIST



FIT & PROUD