

VEGETABLES

Veggies of varying colors provide different nutrients and health benefits.

So make it a point to "eat the rainbow"!



Eating a variety of colorful fruit and starchy vegetables (like potatoes) also helps you "eat the rainbow", though these foods live in the carbohydrate category.









Canadian Meat jerky bacon



Poultry Minimally sausage processed



Protein powders



lean deli meat

Flavored yogurt

3



Flavored

Oat-based



Canned, dried, and pureed unsweetened fruit

Pancakes

and waffles



White bagels, breads, English muffins, pastas, and wraps













PROTEIN

meats

High fat ground

meat

Chicken fingers,

nuggets, and wings

High-fat

sausages

Processed

deli meats









Honey, molasses, Canned, dried,

syrups, & jellies and pureed fruit

Cereal bars

Soda







EAT LESS

CARBS

Fruit juices

with added sugar

Crackers

Flavored milk

Pretzels

Fries





Pastries









These foods are also rich sources of fats, so be mindful of both their carbohydrate and fat content.



Butter

Corn oil

Canola oil

Marinades and

dressings with oils

in this category

Bacon



FATS

Sausage





Margarine































Soybean oil



Hydrogenated oils Shortening and trans fats







Generally, the more processed a food, the further it moves toward "eat less".

High oleic

safflower oil

OMBGA-3

Fish and

algae oil

Trail mix

peanut butter

Cream

High oleic

sunflower oil

Often rich in carbohydrates as well,

with sources of varying quality.







These naturally-bred oils

are high in heart-healthy

monounsaturated fats

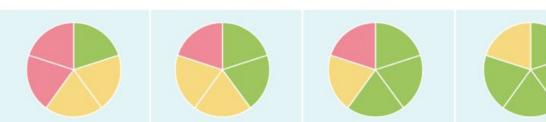
and contain little saturated fats and no

trans fats.





eat more" eat some" eat less"



THESE PROPORTIONS MAY WORK FOR YOU IF...

- you want to generally improve your health.
- you're new to exercise or exercise moderately.
- you want to look, feel, and perform better.
- you want to significantly improve your health.
- you exercise moderately, or are training for an event like a half-marathon or obstacle course.
- you want to look, feel, and perform a little better than average.
- you want to significantly improve your health, or maintain a high degree of health.
- you are training for a major athletic event like a marathon or ultramarathon.
- you want above-average body composition, athletic performance, and/or recovery.
- you love eating this way. (This routine won't make you much healthier.)
- you're preparing for a bodybuilding, physique, or elite athletic competition.
- you are paid for your body's looks or performance.

Exercise:

PROTEIN	CARBS	FATS	VEGGIES
Green foods I like or want to try:	Green foods I like or want to try:	Green foods I like or want to try:	Red, orange and yellow veggies:
1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4
Yellow foods I want to incorporate:	Yellow foods I want to incorporate:	Yellow foods I want to incorporate:	Green, blue and purple veggies:
1.:	1	1	1
2	2	2	2
3	3	3	3
Red foods I want to indulge in:	Red foods I want to indulge in:	Red foods I want to indulge in:	White veggies:
1	1	1	1
2	2	2	2





Bonus Video Training:



Click **here** to watch.

About the Author – Kern Kapoor



Kern's interest in psychology and human behaviour lead him to lose 34kg. He is a Certified Nutrition Coach (Pn2) and is currently on a mission is to create a community of 10,000 people who have undergone long-term body transformation. If you'd like some one-on-one help with your weight loss goals, get in touch with him at kern@bodyknowsbest.net.

