

EAT MORE

PROTEIN



These are protein for plant-based eaters and meatless meals, otherwise, they're considered sources of carbohydrates.

Prioritize fresh, lean, minimally processed sources of protein, and consider limiting red meat to ~18oz (or 4 palms) per week or less.

CARBS



Focus on whole, minimally processed sources of carbohydrates that pack lots of nutrition and fiber, and include a mix of starches and colorful fruits.

FATS



Aim for a mix of whole-food fats (like nuts and seeds), blended whole foods (like nut butters), and pressed oils (like olive and avocado).

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.














































Precision Nutrition



EAT SOME

PROTEIN	CARBS	FATS
 Uncultured cottage cheese  Medium-lean meats	 Couscous  White rice  Granola	 Virgin and light olive oil  Expeller pressed canola oil  Sesame oil  Flaxseed oil
 Tofu  Edamame	 Instant or flavored oats  Milk  Vegetable juices	 Coconut oil / milk  Peanut oil and regular peanut butter  Dark chocolate  Marinades and dressings with oils in this category
 Canadian bacon  Meat jerky	 Flavored yogurt  Flavored kefir  Pancakes and waffles	 Fish and algae oil  Cream  Cheese aged <6 months  Flavored nuts and nut butters
 Poultry sausage  Minimally processed lean deli meat	 Whole-grain crackers  Oat-based granola bars  Canned, dried, and pureed unsweetened fruit	<p>Often rich in carbohydrates as well, with sources of varying quality.</p>  Trail mix
 Protein powders	 White bagels, breads, English muffins, pastas, and wraps	<p>These naturally-bred oils are high in heart-healthy monounsaturated fats and contain little saturated fats and no trans fats.</p>  High oleic safflower oil  High oleic sunflower oil

EAT LESS

PROTEIN	CARBS	FATS
 Fried meats  Chicken fingers, nuggets, and wings	 Cereal bars  Fruit juices  Flavored milk	 Bacon  Sausage <p>Also sources of protein, though usually higher in less desirable fats.</p>
 High fat ground meat  High-fat sausages	 Honey, molasses, syrups, & jellies  Canned, dried, and pureed fruit with added sugar  Sugar	 Butter  Margarine  Processed cheese
 Processed soy  Processed deli meats	 Soda  Crackers  Pretzels	 Corn oil  Cottonseed oil  Sunflower oil
 Protein bars  Pepperoni sticks	 Foods with 10+g added sugar  Chips  Fries	 Canola oil  Soybean oil  Safflower oil
 High-mercury fish	 Candy bars  Donuts  Cookies	 Marinades and dressings with oils in this category  Vegetable oil  Fat-rich foods with 10+ g added sugar
	 Pastries  Muffins  Cakes	 Hydrogenated oils and trans fats  Shortening

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



Alcohol

Alcohol is a distinct macronutrient with unique risks and benefits. But if you're being mindful of energy balance, we recommend including it in the 'eat less' carb category, and tracking your intake (e.g. '6 carb portions today; 4 from food, 2 from beer'). This helps you align alcohol consumption with your health and fitness goals.



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

 Apple	 Applesauce	 Apple juice
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NUTRITION AND MINDSET STRATEGIES

● "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.