

30%

Environment

Forman

FAT ↓

↑ SUGAR

Ketones





~~ABdos~~

1.2.2

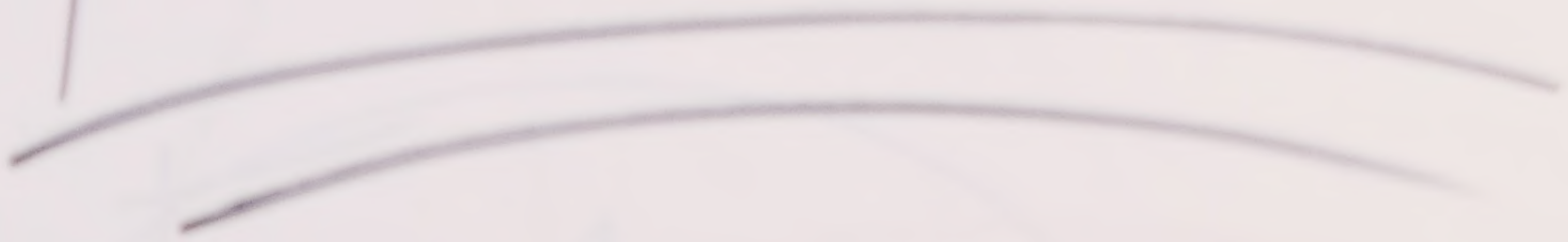
~~kg~~

~~kg~~ x 1.5

33/100/3



FIBER

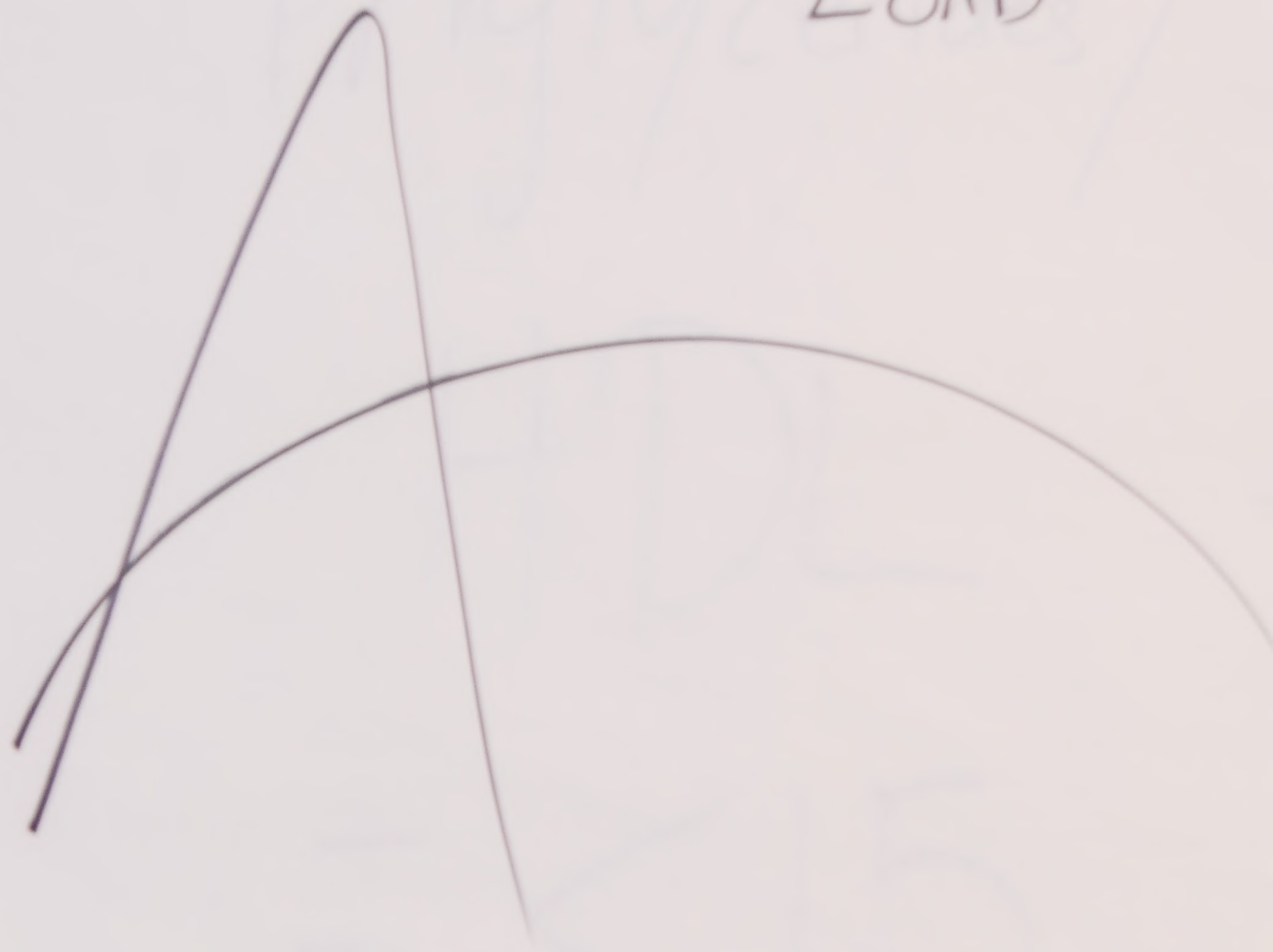


Glycemic Index  
Starch

100



# Glycemic Index LOAD



SUGAR

~~Triglycerides~~

~~HDL~~

~~< 15~~



SUGAR

BREAK

FAST



excess

B

BREAK

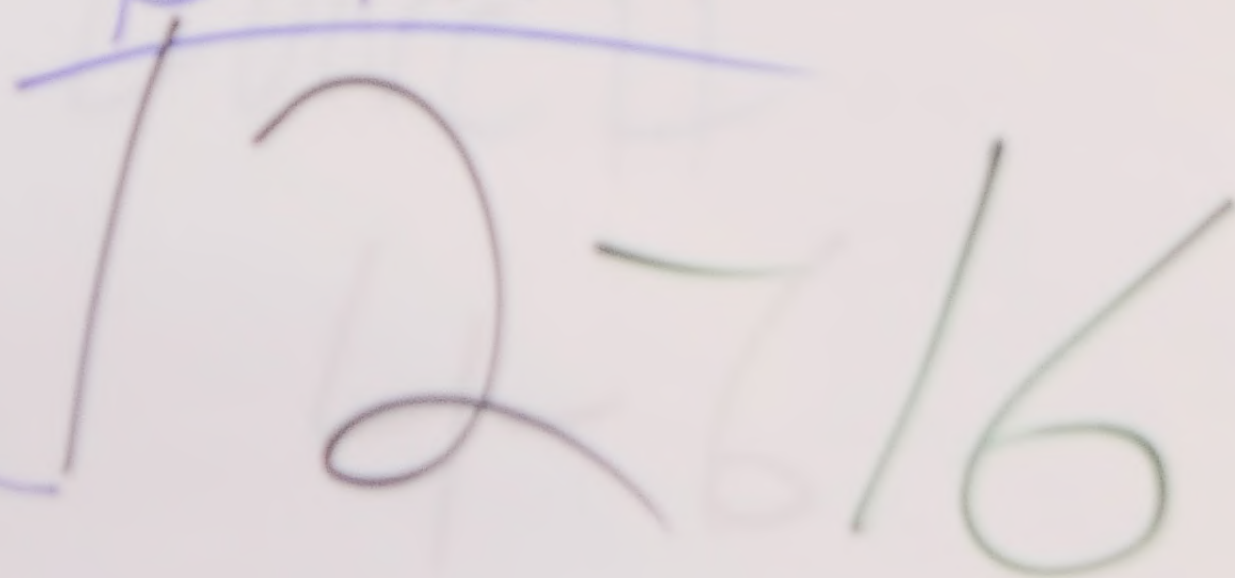
FAST



L



Dinner



Drinks



12-16

30-40g  
protein

# BREAK-FAST

- Protein Fat
- whey shake
  - Eggs
  - Avocados
  - Cheese
  - meat
  - berries

4-6

LUNCH

4-6

Dinner