



# THE LIFESTYLE BLOCK

# HOW TO EAT

FOLLOW THESE SIMPLE TIPS

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1.

Fill up your plate with a lot of  
vegetables (GREEN ONES!)

Think: Protein | Fat | Carbs  
(In that order)

2.

3.

QUALITY Protein – limit  
processed meats

Cut back on the amount of  
processed foods you eat

4.

5.

Limit Sugar and  
Vegetable Oil intake

CROWD IN the good stuff,  
don't focus on "taking away"

6.

7.

Eat REAL Ingredients



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