# **Nutrient Density & Why It Matters**

(or how to stop bringing a knife to a gun fight)

By Jim Brown – Certified Primal Coach

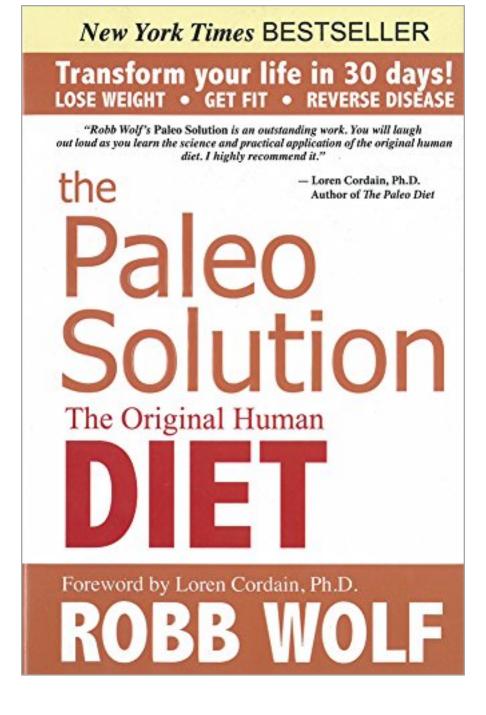




# A Balanced You provides a doable approach to a leaner, stronger, more resilient you!

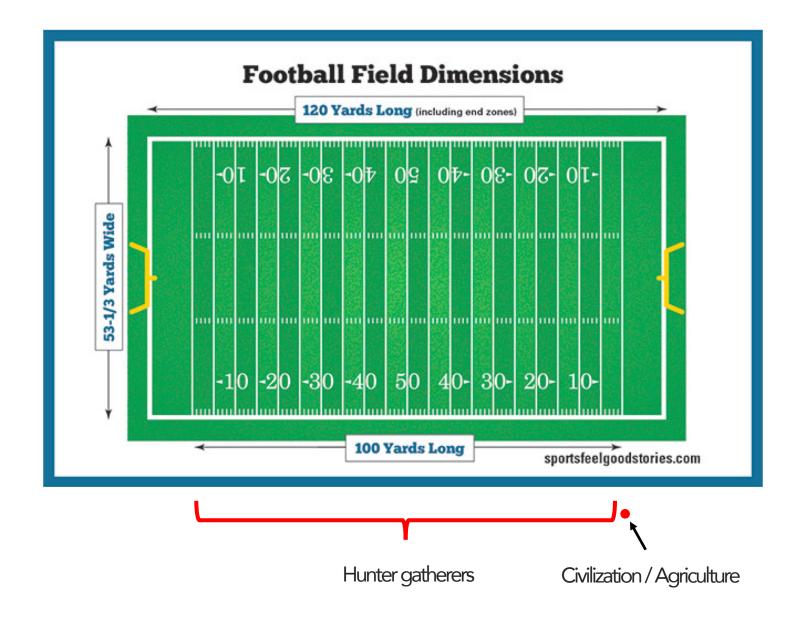
ABalancedYou.com

Disclaimer: I'm not a doctor. I've never even played one on TV. I can't diagnose, prescribe for, treat, or claim to prevent any disease. My mission is to educate, empower and inspire (and to take the hassle out of getting healthy). My content has not been reviewed or evaluated by the FDA. If you have or may have an illness, consult your licensed health practitioner.



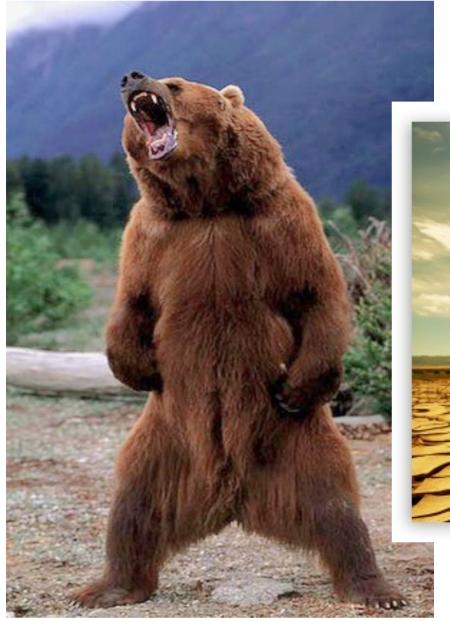


# Think of our existence as a football field – civilization showed up at the ½ yard line



# So what?







# Our risks look different today!







Bet you can't eat just one!

	ease Control and Prevention s, Protecting People™
	CDC A-Z INDEX 🗸
CDC Newsroom	
Newsroom Home	<u>CDC</u> > <u>Newsroom Home</u> > <u>Press Materials</u> > <u>CDC Newsroom Releases</u>
Press Materials	<ul> <li>New CDC report: More than 100 million Americans have diabetes or prediabetes</li> </ul>
CDC Newsroom Releases	Diabetes growth rate steady, adding to health care burden
Archived Releases	f 😏 🕂
New CDC report: More than 100 million Americans have diabetes or prediabetes	Press Release
Digital Press Kit	+       For Immediate Release: Weekday, July 18, 2017         Contact: Media Relations
Journal Summaries	+ (404) 639-3286
Newsroom Image Library	<ul> <li>More than 100 million U.S. adults are now living with diabetes or prediabetes, according</li> <li>Estimated age-adjusted prevalence of diagnosed diabetes by race/ethnicity</li> </ul>
Audio/Video	+ to a new report 🔂 released today by the Centers for Disease Control and Prevention
CDC Spokesperson	<ul> <li>(CDC). The report finds that as of 2015, 30.3 million Americans – 9.4 percent of the U.S.</li> <li>population – have diabetes. Another 84.1 million have prediabetes, a condition that if not</li> </ul>
Contact Media Relations	treated often leads to type 2 diabetes within five years.
Connect with CDC Media	The report confirms that the rate of new diabetes diagnoses remains steady. However, the disease continues to represent a growing health problem: Diabetes was the seventh
Subscribe to Media RSS Feeds	leading cause of death in the U.S. in 2015. The report also includes county-level data for the first time, and shows that some areas of the country bear a heavier diabetes burden than others.
Subscribe to CDC Media         e-mail ☑         Image: Syndicate Media on Your	"Although these findings reveal some progress in diabetes management and prevention, there are still too many Americans with diabetes and prediabetes," said CDC Director
Syndicate Media on Your Site	Brenda Fitzgerald, M.D. "More than a third of U.S. adults have prediabetes, and the majority don't know it. Now, more than ever, we must step up our efforts to reduce the burden of this serious disease."



Source: Dr. Sarah Hallberg <u>https://www.youtube.com/watch?v=da1vvigy5tQ</u> <u>https://blog.virtahealth.com/reversing-diabetes-101-truth-about-carbs-and-blood-sugar/</u>

# Paleo, Vegan, Mediterranean... Where do you start?

Before you decide that you need to give up meat to save the planet -Do yourself and the planet a favor and watch <u>Allan Savory's Ted Talk about</u> <u>Regenerative Agriculture</u>

# **PANTRY RAID & RESTOCK**

## **ELIMINATE THE S.A.D.:**

- Grains
- Bad fats
- Sugar
- Anything processed
   > Including beverages!



## Switch to healthy fats



And replace the sketchy stuff with nutrient dense whole food that taste great

Grains are actually nutrient defunct compared to meat, nuts & seeds, and vegetables. At least when using Harvard Researcher, Matt Lalonde's, Nutrient Density Value chart:

Food Category	Nutrient Density Value	
Organ Meat and Oils	17	
Herbs and Spices	17	
Nuts & Seeds	10	
Cacao	8	
Fish and Seafood	1	Food ranking system based on
Pork	0.7	the USDA recommended daily
Beef	0.3	amounts (RDAs) of essential
Eggs and Dairy	-0.6	vitamins and minerals.
Vegetables (Raw)	-0.7	
Lamb, Veal, Raw Game	-1.2	
Poultry	-1.7	
Legumes	-2.9	
Processed Meat	-3.1	
Vegetables (Cooked, Canned)	-4.8	
Plant Fat and Oils	-5.4	
Fruits	-5.6	
Animal Skin and Feet	-6.2	
Grains (Cooked)	-6.2	
Refined and Processed Oils	-6.4	

# Yum!

BIG MAC SAUCE Ingredients: Soybean Oil, Pickle Relish (Diced Pickles, High Fructose Corn Syrup, Sugar, Vinegar, Corn Syrup, Salt, Calcium Chloride, Xanthan Gum, Potassium Sorbate [Preservative], Spice Extractives, Polysorbate 80), Distilled Vinegar, Water, Egg Yolks, Onion Powder, Spices, Salt, Propylene Glycol Alginate, Sodium Benzoate (Preservative), Mustard Bran, Sugar, Garlic Powder, Vegetable Protein (Hydrolyzed Corn, Soy and Wheat), Caramel Color, Extractives of Paprika, Soy Lecithin, Turmeric (Color), Calcium Disodium EDTA (Protect Flavor).

Contains: WHEAT, EGG, SOY.

### Sketchy Stuff: A Big Mac – Of course it needs High Fructose Corn Syrup

Folate

Choline

Betaine

Vitamin B12

Pantothenic Acid

Calorie Information			
Amounts Per Selected Serving %		%DV	
Calories	563 (2357 kJ)	28%	
From Carbohydrate	164 (687 kJ)		
From Fat	295 (1235 kJ)		
From Protein	104 (435 kJ)		
From Alcohol	~ (0.0 kJ)		

Protein & Amino Acids		
Amounts Per Selected Serving		%DV
Protein	25.9 g	52%
	More	letails 🤊
Vitamins		
Amounts Per Selected Serving		%DV
Vitamin A	412 IU	8%
Vitamin C	0.9 mg	1%
Vitamin D	~	~
Vitamin E (Alpha Tocopherol)	~	~
Vitamin K	~	~
Thiamin	0.4 mg	26%
Riboflavin	0.5 mg	27%
Niacin	7.4 mg	37%
Vitamin B6	~	~

#### Carbohydrates

Amounts Per Selected Serving		%DV
Total Carbohydrate	44.0 g	15%
Dietary Fiber	3.5 g	14%
Starch	~	
Sugars	8.7 g	

More details

#### Fats & Fatty Acids

Amounts Per Selected Serving		%DV
Total Fat	32.8 g	50%
Saturated Fat	8.3 g	42%
Monounsaturated Fat	7.6 g	
Polyunsaturated Fat	0.7 g	
Total trans fatty acids	1.3 g	
Total trans-monoenoic fatty acids	~	
Total trans-polyenoic fatty acids	~	
Total Omega-3 fatty acids	~	
Total Omega-6 fatty acids	~	
earn more about these fatty acids and their equivalent names		

More details 🔻

#### More details -

25%

32%

~

101 mcg

1.9 mcg

~

~

~

Minerals		
Amounts Per Selected Serving		%DV
Calcium	254 mg	25%
Iron	4.4 mg	24%
Magnesium	43.8 mg	11%
Phosphorus	267 mg	27%
Potassium	396 mg	11%
Sodium	1007 mg	42%
Zinc	4.2 mg	28%
Copper	0.2 mg	11%
Manganese	0.5 mg	23%
Selenium	~	~
Fluoride	~	

### A Slice of Whole Wheat Bread –You Can Do Better Than This!

Amounts Per Selected Serving	
69.2 (290 kJ)	3%
46.2 (193 kJ)	
8.4 (35.2 kJ)	
From Protein 14.5 (60.7 kJ)	
0.0 (0.0 kJ)	
	69.2 (290 kJ) 46.2 (193 kJ) 8.4 (35.2 kJ) 14.5 (60.7 kJ)

.

Amounts Per Selected Serving		%DV
Protein	3.6 g	7%
	More d	letails ▼

Vitamins		
Amounts Per Selected Serving		%DV
Vitamin A	0.8 IU	0%
Vitamin C	0.0 mg	0%
Vitamin D	~	~
Vitamin E (Alpha Tocopherol)	0.1 mg	1%
Vitamin K	2.2 mcg	3%
Thiamin	0.1 mg	7%
Riboflavin	0.1 mg	4%
Niacin	1.3 mg	7%
Vitamin B6	0.1 mg	3%
Folate	14.0 mcg	3%
Vitamin B12	0.0 mcg	0%
Pantothenic Acid	0.2 mg	2%
Choline	7.4 mg	
Betaine	~	
	More d	ataila <del>-</del>

#### More details 🔻

Minerals		
Amounts Per Selected Serving		%DV
Calcium	30.0 mg	3%
Iron	0.7 mg	4%
Magnesium	23.0 mg	6%
Phosphorus	56.6 mg	6%
Potassium	69.4 mg	2%
Sodium	132 mg	6%
Zinc	0.5 mg	3%
Copper	0.1 mg	5%
Manganese	0.6 mg	30%
Selenium	11.3 mcg	16%
Fluoride	~	

Carbohydrates			
Amounts Per Selected Serving		%DV	
Total Carbohydrate	11.6 g	4%	
Dietary Fiber	1.9 g	8%	
Starch	~		
Sugars	1.6 g		

More details

#### Fats & Fatty Acids

Amounts Per Selec	cted Serving		%DV
Total Fat		0.9 g	1%
Saturated Fat		0.2 g	1%
Monounsaturated	Fat	0.4 g	
Polyunsaturated F	at	0.2 g	
Total trans fatty ad	cids	0.2 g	
Total trans-monoe	noic fatty acids	~	
Total trans-polyen	oic fatty acids	~	
Total Omega-3 fat	ty acids	7.0 mg	
Total Omega-6 fat	ty acids	161 mg	
Learn more about the and their equivalent n			
		More of	letails 🔻

## Just A Cup of Collards

Amounts Per Selected Serving		%DV
Calories	49.4 (207 kJ)	2%
From Carbohydrate	33.9 (142 kJ)	
From Fat	5.7 (23.9 kJ)	
From Protein	9.8 (41.0 kJ)	
From Alcohol	0.0 (0.0 kJ)	

		-	
Car	boh	vdr	ates
		.,	

	%DV
9.3 g	3%
5.3 g	21%
~	
0.8 g	
	5.3 g ~

More details 🔻

#### Fats & Fatty Acids

Amounts Per Selected Serving		%DV
Total Fat	0.7 g	1%
Saturated Fat	0.1 g	0%
Monounsaturated Fat	0.0 g	
Polyunsaturated Fat	0.3 g	
Total trans fatty acids	~	
Total trans-monoenoic fatty acids	~	
Total trans-polyenoic fatty acids	~	
Total Omega-3 fatty acids	177 mg	
Total Omega-6 fatty acids	133 mg	
Learn more about these fatty acids and their equivalent names		

-nalish lunited state

Amounts Per Selected Serving		%DV
Protein	4.0 g	8%
	More o	letails 🔻
Vitamins		
Amounts Per Selected Serving		%DV
Vitamin A	15416 IU	308%
Vitamin C	34.6 mg	58%
Vitamin D	~	~
Vitamin E (Alpha Tocopherol)	1.7 mg	8%
Vitamin K	836 mcg	1045%
Thiamin	0.1 mg	5%
Riboflavin	0.2 mg	12%
Niacin	1.1 mg	5%
Vitamin B6	0.2 mg	12%
Folate	177 mcg	44%
Vitamin B12	0.0 mcg	0%
Pantothenic Acid	0.4 mg	4%
Choline	60.4 mg	
	0.2 mg	

Minerals		
Amounts Per Selected Serving		%DV
Calcium	266 mg	27%
Iron	2.2 mg	12%
Magnesium	38.0 mg	10%
Phosphorus	57.0 mg	6%
Potassium	220 mg	6%
Sodium	30.4 mg	1%
Zinc	0.4 mg	3%
Copper	0.1 mg	4%
Manganese	0.8 mg	41%
Selenium	0.9 mcg	1%
Fluoride	~	

More details **v** 

### 6 oz Coho Salmon

Calorie	Information	
Amounts Per Selected S	erving	%DV
Calories	247 (1034 kJ)	12%
From Carbohydrate	0.2 (0.8 kJ)	
From Fat	69.0 (289 kJ)	
From Protein	178 (745 kJ)	
From Alcohol	0.0 (0.0 kJ)	

Protein & Amino	Acids	
Amounts Per Selected Serving		%DV
Protein	41.7 g	83%
	More	details 🔻

Vitamins		
Amounts Per Selected Serving		%DV
Vitamin A	222 IU	4%
Vitamin C	2.5 mg	4%
Vitamin D	~	~
Vitamin E (Alpha Tocopherol)	1.4 mg	7%
Vitamin K	0.2 mcg	0%
Thiamin	0.1 mg	9%
Riboflavin	0.2 mg	15%
Niacin	14.2 mg	71%
Vitamin B6	1.0 mg	51%
Folate	23.1 mcg	6%
Vitamin B12	8.9 mcg	148%
Pantothenic Acid	1.4 mg	14%
Choline	128 mg	
Betaine	~	
	More d	etails 🔻

	More d	etails 🔻
Minerals		
Amounts Per Selected Serving		%DV
Calcium	80.1 mg	8%
Iron	1.1 mg	6%
Magnesium	58.7 mg	15%
Phosphorus	573 mg	57%
Potassium	772 mg	22%
Sodium	103 mg	4%
Zinc	1.0 mg	7%
Copper	0.1 mg	6%
Manganese	0.0 mg	2%
Selenium	67.6 mcg	97%

6	
	%DV
0.0 g	0%
0.0 g	0%
0.0 g	
0.0 g	
	0.0 g 0.0 g 0.0 g

More details 🔻

	Fats & Fatty Ac	ids	
	Amounts Per Selected Serving		%DV
	Total Fat	7.7 g	12%
	Saturated Fat	1.9 g	9%
	Monounsaturated Fat	2.8 g	
	Polyunsaturated Fat	2.3 g	
	Total trans fatty acids	~	
	Total trans-monoenoic fatty acids	~	
	Total trans-polyenoic fatty acids	~	
	Total Omega-3 fatty acids	1983 mg	
4	Total Omega-6 fatty acids	99.7 mg	
	Learn more about these fatty acids and their equivalent names		
		More de	etails 🔻

### 7 oz. Grass Fed Steak

e Information	
erving	%DV
250 (1047 kJ)	13%
1.2 (5.0 kJ)	
51.8 (217 kJ)	
197 (825 kJ)	
0.0 (0.0 kJ)	
	erving 250 (1047 kJ) 1.2 (5.0 kJ) 51.8 (217 kJ) 197 (825 kJ)

#### Protein & Amino Acids

Amounts Per Selected Serving		%DV
Protein	49.4 g	99%
	More	details <b>1</b>

#### Vitamins

Amounts Per Selected Serving		%DV
Vitamin A	0.0 IU	0%
Vitamin C	0.0 mg	0%
Vitamin D	~	~
Vitamin E (Alpha Tocopherol)	0.5 mg	2%
Vitamin K	1.9 mcg	2%
Thiamin	0.1 mg	7%
Riboflavin	0.3 mg	16%
Niacin	14.3 mg	72%
Vitamin B6	1.4 ma	70%
Folate	27.8 mcg	7%
Vitamin B12	2.7 mcg	45%
Pantothenic Acid	1.5 mg	15%
Choline	139 mg	
Betaine	16.3 mg	
	More d	etails 🔻

### Minerals

	Amounts Per Selected Serving		%DV
	Calcium	19.3 mg	2%
	Iron	4.0 mg	22%
	Magnesium	49.2 mg	12%
	Phosphorus	454 mg	45%
	Potassium	732 mg	21%
	Sodium	118 mg	5%
(	Zinc	7.7 mg	52%
	Copper	0.1 mg	7%
	Manganese	0.0 mg	1%
	Selenium	45.1 mcg	64%
	Fluoride	~	
1			

#### Carbohydrates

Amounts Per Selected Serving		%DV
Total Carbohydrate	0.0 g	0%
Dietary Fiber	0.0 g	0%
Starch	0.0 g	
Sugars	0.0 g	

#### More details 🔻

#### Fats & Fatty Acids

Amounts Per Selected Serving		%DV
Total Fat	5.8 g	9%
Saturated Fat	2.2 g	11%
Monounsaturated Fat	2.1 g	
Polyunsaturated Fat	0.2 g	
Total trans fatty acids	0.2 g	
Total trans-monoenoic fatty acids	0.2 g	
Total trans-polyenoic fatty acids	0.0 g	
Total Omega-3 fatty acids	44.9 mg	
Total Omega-6 fatty acids	171 mg	
Learn more about these fatty acids and their equivalent names		

#### More details 🔻

### www.ABalancedYou.com/Beck

When was the last time that you saw a Super Bowl Ad for Grass Fed Beef or Wild Caught Salmon?

### X PRIMAL APPROVED FOODS

#### VEGETABLES

Artichoke

Arugula Asparagus Avocado Beets/Beet Greens Bell Peppers Bok Choy Broccoli Broccoli Rabe Brussels Sprouts Cabbage Carrots Collards Cucumbers Eggplant Endive Fennel Fiddlehead Ferns Garlic Green Beans Jerusalem Artichoke Jicama Kale Kohlrabi Leeks Mushrooms Mustard Greens Olives Onions Parsnips Peppers (all kinds) Pumpkin Purslane Radish Romaine Lettuce Rutabaga Sea Vegetables Spinach Swiss Chard Tomatoes Turnip Greens Watercress

#### **MEAT & POULTRY** Beef

Chicken

Game Meat

Alligator

Goat

Lamb

Pork

Bear

Duck

Elk

Emu

Goose

Pheasant

Kangaroo

Ostrich

Quail

Rabbit

Snakes

Turkey

FISH

Bass

Cod

Eel

Catfish

Haddock

Halibut

Herring

Mackerel

Mahi Mahi

Monkfish

Mullet

Perch

Rockfish

Sardines

Salmon

Tilapia

Walleye

Tuna

Venison

Anchovies

Buffalo

Caribou

### Hearts Kidney

Liver Bone Marrow Sweetbreads Tongue EGGS Chicken Duck Emu Goose Pheasant Quail

Roe/Caviar

Shrimp

Northern Pike Orange Roughy Red Snapper Any other wild fish

#### SHELLFISH

Abalone Clams Crab Crayfish Lobster Mussels Oysters Prawns Scallops

#### ORGAN MEAT

#### NUTS & SEEDS

Other Bird Eggs

Almonds Brazil Nuts HazeInuts Macadamia Pecans Pine Nuts Pistachios Pumpkin Seeds Sesame Seeds Sunflower Seeds Walnuts Derivative Butters

#### PREFERRED FRUIT

Blackberries Blueberries Boysenberries Cranberries Gooseberries Raspberries

#### OTHER FRUITS

Apple Apricot Banana Cantaloupe Cherries Coconuts Figs Goji Berries Grapefruit Grapes Guava Honeydew Melon Kiwi Lemon Lime Lychee Mango Nectarine Orange Papaya Passion Fruit Peaches Pears Persimmon Pineapple Plums Pomegranate Rhubarb Star Fruit Strawberries Tangerine Watermelon All other fruits

#### **HEALTHY FATS & OILS**

Primal Kitchen<sup>™</sup> Avocado Oil Primal Kitchen™ Extra Virgin Avocado Oil Butter/Ghee Coconut Oil/Milk Lard Macadamia Oil Olive Oil Sesame Oil Tallow Unprocessed Palm Oil

#### SPICES & HERBS

Anise Basil Black Pepper Cayenne Pepper Chili Pepper Cilantro Coriander Seeds Cinnamon Cloves Cumin Dill Fennel Ginger Mint Mustard Seeds Nutmeg Oregano Paprika Parsley Peppermint Rosemary Sage Tarragon Thyme Turmeric

#### STARCHES IN MODERATION

Cassava Potatoes Sweet Potatoes Wild Rice Yams Taro

#### OTHER IN MODERATION

100% Full Fat Cream Cheese Coffee Grass-fed & Organic Full Fat Yogurt Coconut Milk Yogurt Alternative Cashew Milk Yogurt Alternative Almond Milk Yogurt Alternative

#### OCCASIONAL INDULGENCES

Dark Chocolate

Simple approaches towards

- Food
- Strength and movement
- Recovery and stress management

# Helpful Reminder

- Eat real food
- Move at an easy pace
- Lift heavy things
- Sprint every once in a while
- Don't underestimate the importance of sleep and recovery
  Tell your monkey brain to chill out

# Some times you just need a little help

I'd Welcome a chance to schedule a call with you to see if I Can Help You Discover the Leaner, Stronger, More Resilient Version of You That's Just Waiting to be Unleashed!





# **About Fearless Cooking**

Fearless Cooking is a live weekly cooking webinar during which we prepare delicious meals together.

In other words, it's an accountability program with a private FB group where we share ideas and provide ongoing interaction and support to each other.



Big A\*s Salad with Assortment of Home-made Dressings + Fridge & Pantry Supplies



nt Instant Pot Chili and Roasted Zucchini March 24th



Spring Rolls with Shrimp with Mint Chutney and Almond Butter Dipping Sauce

March 31at



InstantPot Bo Kho (Vietnamese Stew) April 7th



Egg Veggie Scramble, Bacon & Plantain Pancakes April 14th



Pan Seared Pork Chops, Roasted Asparagus, Sautéed Mushrooms April 21st



Chicken Piccata April 28th



Chicken Tortilla Soup May 5th

## Visit www.ABalancedYou.com/Beck to signup for Fearless Cooking and to download all the free resources below (including this presentation)



Nutritional Profiles

OK: Novine fully connexitient to the Paken/ Printed/Family and Kit going great. You present and Yong a likelik locard Congretulational Does that means that you can rever go out to inducaration or even to bready? or bready places to east again?	First, let's talk about degrees. It you have an along to parameter or Melling you involve that the para den's user to incrementione environment. Earling something that has been cross containwards of a mean a high to the hospital en- agers, the site parameter is the hospital end works. If i and a paramet of holine what a parameter only be a hilling parameter that the hospital end parameter is the set of the works or the end of law.
social parlah. You can still enjoy a night-out with friends or family.	If pouline battling an autoimmune disease or some serious food allergies you're going to need exercise a higher level of vigilance and be
There's a few ways you can go about it. Some of them work pretty well, some of them I wouldn't recommend.	a little more assertive than someone that's just trying to clean up how they're eating and following an 80/20 approach to compliance.
	Restaurants
If you ware a start 10 holes and your here here being was bein types with the park was in the same and the park was an end of the park was the the park has you and you and you're been the Hapahahay was. Way is houd any day was and you're been the Hapahahay was. Way is houd any day of the park have the day is houd any day of the park have the park of the park of the park of the park of the park of the park of the park of the park of the park of the park of the park of the park of the park of the park of the park of the park of the park of the park of the park of the park of the park of the park of the park of the park of the park of the park of the park of the park of the park of the park of the park of the park of the park of the park of the park of the park of the park of the park of the park of the park of the park of the park of the park of the park of the park of the park of the park of the park of the park of the park of the park of the park of the park of the park of the park of the park of the park of the park of the park of the park of the park of the park of the park of the park of the park of the park of the park of the park of the park of the park of the park of th	If post toos which extraports prior to brand toos is part took to be the second at a post part of the toos of the second at a post part of the toos of the post part part of the post part of the post part of the post part part of the post part of the post part part part part part of the post part part part part part part part pa

Primal Approved At A Glance



### Key Primal Concepts

<ul> <li>Markan Sampa rains, resource anome in provide services.</li> <li>Markan Sampa rains, resource anome in provide services and resources and resources and r</li></ul>	
province or publication (c) foreins, c) rectange in homes, takan an observa, laker, laker laker, laker lake	t for wild), organic, in ocean representer choice. Organic r fruits with soft, edible skin higher glycamic/lower arth-
Color server in some provider. If the color server is the color se	is chocalate, sweet potation retry tablets, quinos, and will a Derivative Bullane, Subtri-
Energy Bark: Primal Kitchen bars and other low- sugar bars (sare finds, even the most natural statch	ck. Try nut butters on dark and milk is a great substitute and cooled white rice and
drate (and). Probables Farmer	en benanes, new potato hel foods like keft, kombur
Pete 8 Obs: Anocado and domestic estra vegan olive ol for eating. Socionati oli, grean-fied butter, and animal faits (theore preses, chicken fait, los), addector containg.	reat, and yogurt, and even weld tuna or sandines, oxier, or nutlisation, cattage cheek pang, dark chocolars, hard-
Pate Wed-caught from remota, pollution-hee boiled eggs, juring	peng, dask chocisaan, haro- salt, offver, oaeda, toal min, anti-for high-protein, low-car

Primal Avoid At A Glance

- V -	Low Hassle Way To uilding A Balanced You It Ancestral Algoment
	how we should eat and exercise. Evolution can give us det and staying healthy. Let's take a hesh look at diet, ugement.
DIET	MOVEMENT/ EXERCISE
We evolved over the two and a half relifion priors that we were horder gatherers – by the obligation and agriculture rolled area our prevent colles was pretty much baland, didn't mode to not multitins and live/using even if they're organic whole wheat bank A Balanced You way of eating is a construction of Halan. Frend and Koto the	Inc. Another inclusion in the gym. In close mean that we have the gym of the units and means that we have the second of the test within the second of the test within the second of t
custom aligned for you.	Sprints or Tabatas once every 7-10 days SLEEP
Pales: Focuses on-grass-fed and pathwer meats, wild caught seafood, bits of seggie fulls, seeds, ruds, and healthy fats. Eimin grans, segars, processed industrial seed o and generally avoids legumes and daity	Growing evidence suggests that lack of sleep 4. impacts brain function, memory formation, 1941 devates the stores homeone confued, and deva
Primal: Also stresses-grass-field and partur musts, whit caught surfaced, plenty of weggies, fruits, seech, must and healthy fish Also determinates grains, sugars and process industrial seed oils. Allows full fast dairy if behavior and genes cautions, approval for	M Y Set up your bedream to provide Setter size Y Elements or miligate the deep-disruption and the set of blass light here computer. TV and phones prior to bod well
limited legumes that have been prepared to reduce antinutrients	STESS MANAGEMENT
Keto: Ultra low carb, high fat and moderat protein-diet that shifts welabelism to pret fat and lietone bodies for fuel over traditio cert/ blood sugar orientation.	been the difference between getting out of har

### Roadmap To A Balanced You

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Restaurant & Social Gathering Strategy

# THANK YOU

And Remember to go to www.ABalancedYou.com/Beck to download free resources (including this presentation) and to join Fearless Cooking. It's FREE!





A Balanced You provides strategies for getting healthier and feeling better that lines up with our original owner's manual

Disclaimer: I'm not a doctor. I've never even played one on TV. I can't diagnose, prescribe for, treat, or claim to prevent any disease. My mission is to educate, empower and inspire (and to take the hassle out of getting healthy). My content has not been reviewed or evaluated by the FDA. If you have or may have an illness, consult your licensed health practitioner.