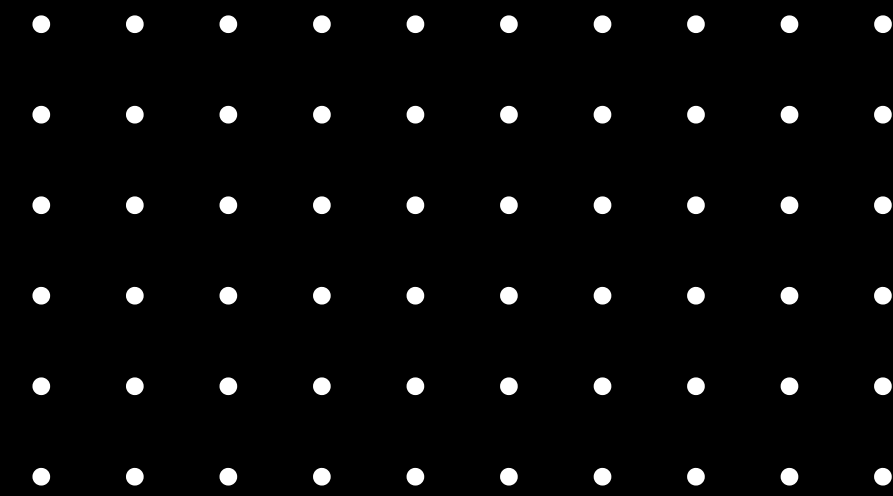




SIMPLE FOOD SWAPS FOR FAT LOSS



OUR GOALS



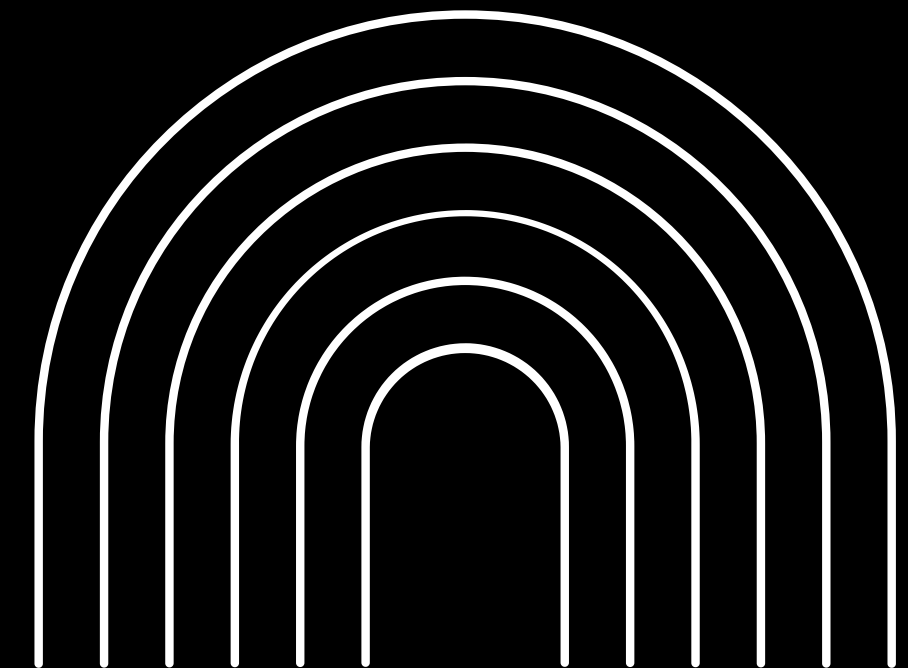
Consume less calories

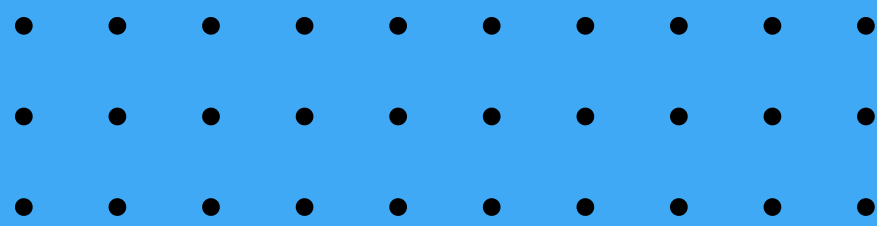
We need to be in a caloric deficit to lose weight



Keep protein high

We want to lose fat not muscle right?





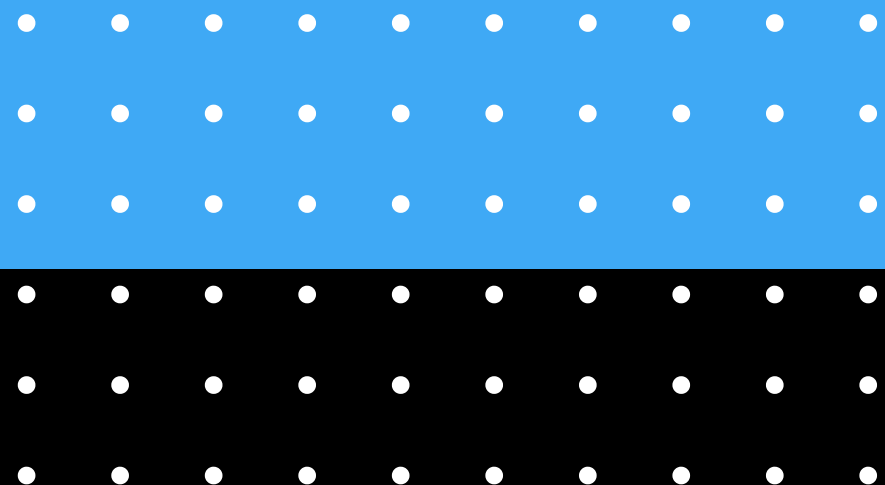
“LOOK FOR THE DIET VERSIONS”

IDEALLY, THIS MEANS...

LESS CALORIES AND/OR MORE PROTEIN



**DON'T DRINK YOUR
CALORIES AWAY.**



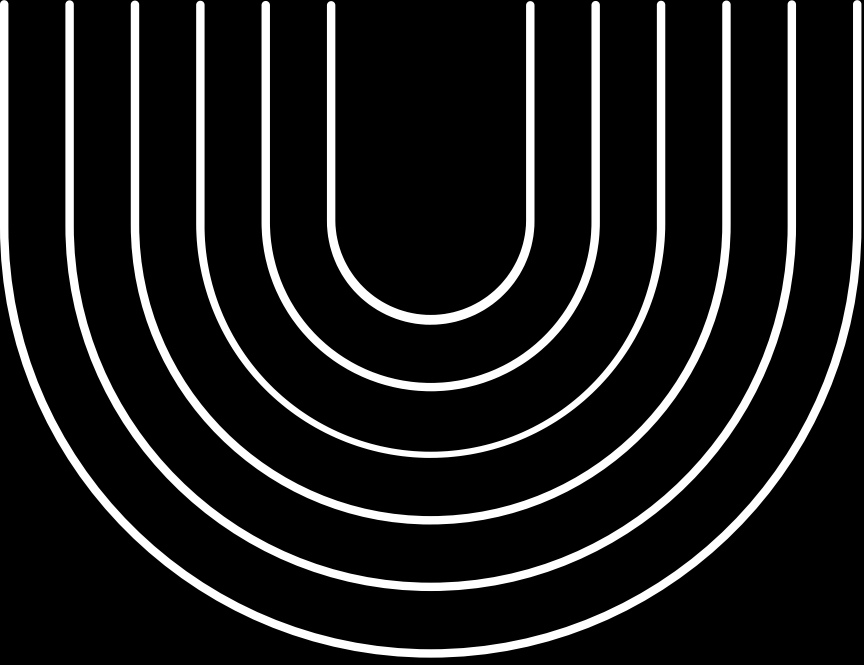
SODAS



REGULAR SODA



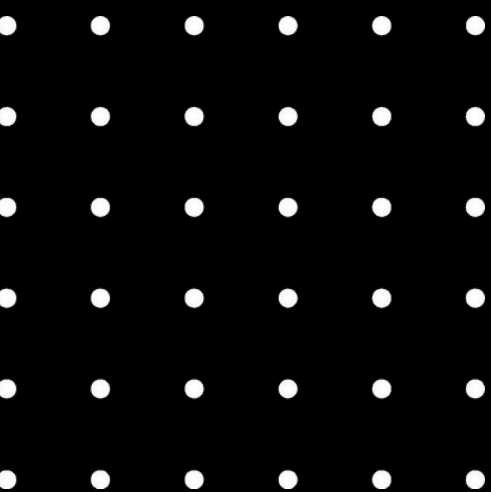
DIET SODA



REGULAR

20 fl oz has...

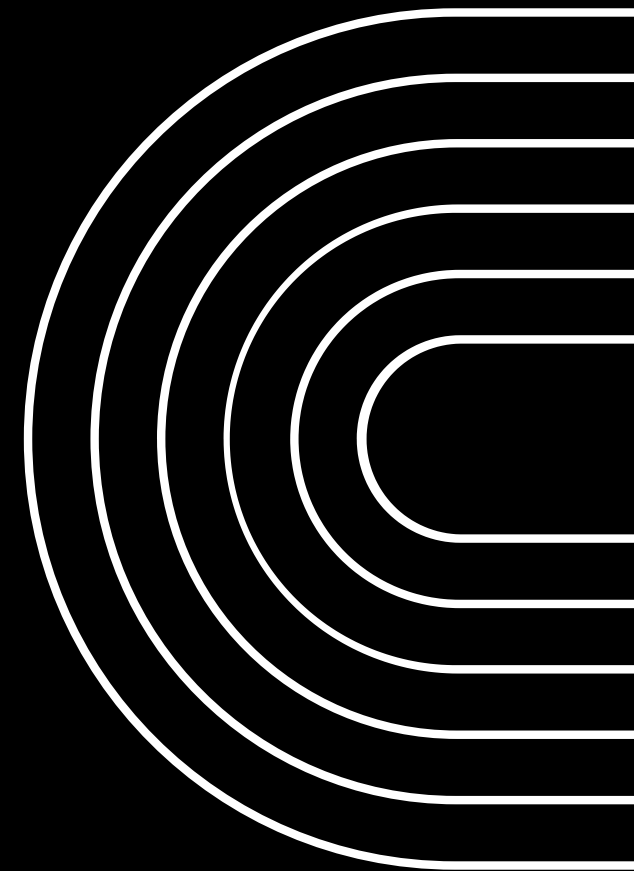
- 250 calories
- 69 grams of carbs
- 0 grams of fat
- 0 grams of protein



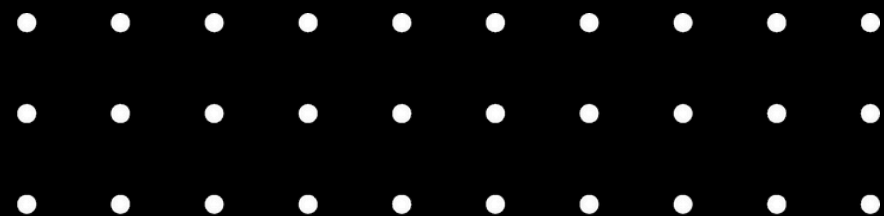
DIET

20 fl oz has...

- 0 calories
- 0 grams of carbs
- 0 grams of fat
- 0 grams of protein



IMAGINE IF YOU MADE ONLY
THIS CHANGE...



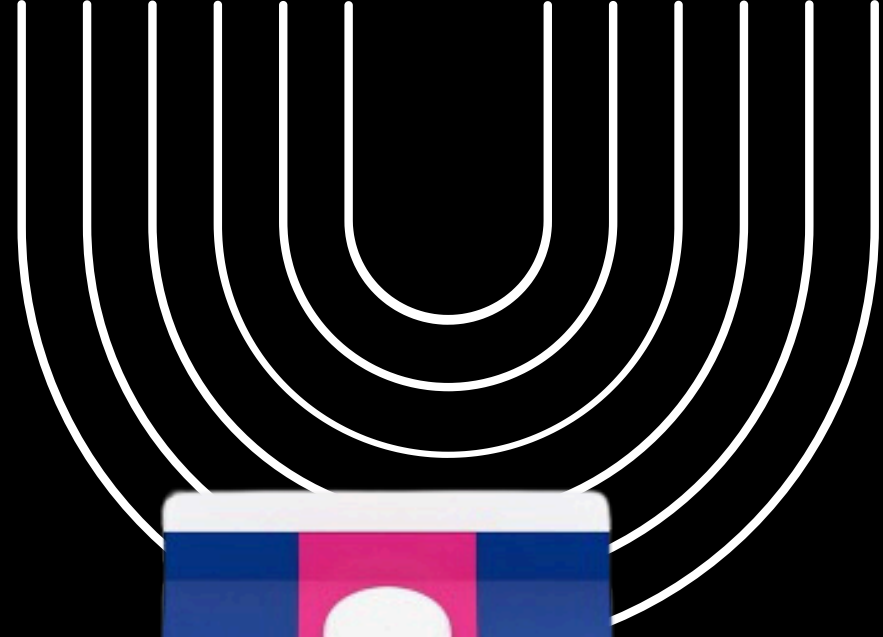
MILK OPTIONS



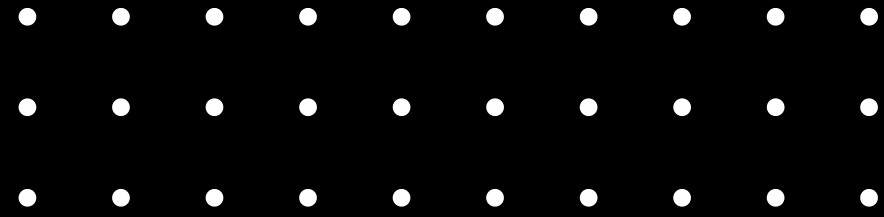
WHOLE MILK



2% MILK



ALMOND MILK





WHOLE MILK

1 cup has...

- 150 calories
- 11 grams of carbs
- 8 grams of fat
- 8 grams of protein



2% MILK

1 cup has...

- 130 calories
- 12 grams of carbs
- 5 grams of fat
- 8 grams of protein



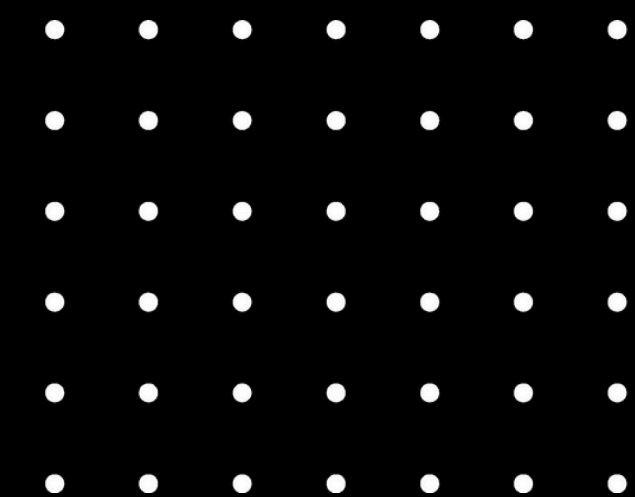
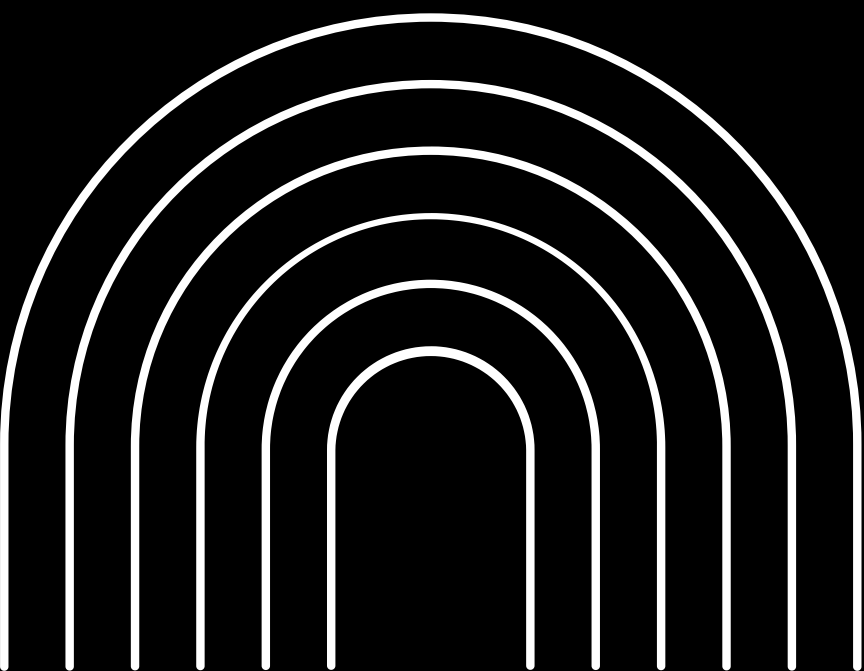
ALMOND MILK

1 cup has...

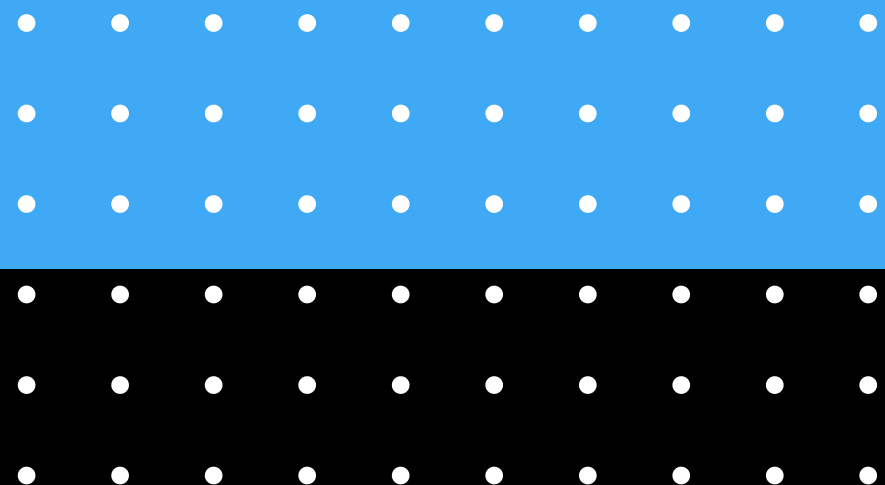
- 30 calories
- 1 grams of carbs
- 3 grams of fat
- 1 grams of protein

I DON'T KNOW ABOUT YOU, BUT
I DRINK A LOT OF MILK

...IT ADDS UP



COMMON FOODS

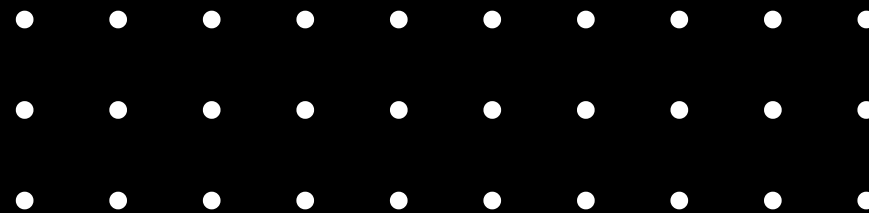


LEAN MEATS



80/20 BEEF

93/7 BEEF





80/20 BEEF

4 oz has...

- 290 calories
- 0 grams of carbs
- 23 grams of fat
- 19 grams of protein



93/7 BEEF

4 oz has...

- 180 calories
- 0 grams of carbs
- 8 grams of fat
- 25 grams of protein

LOOK AT THE NUMBERS AGAIN.

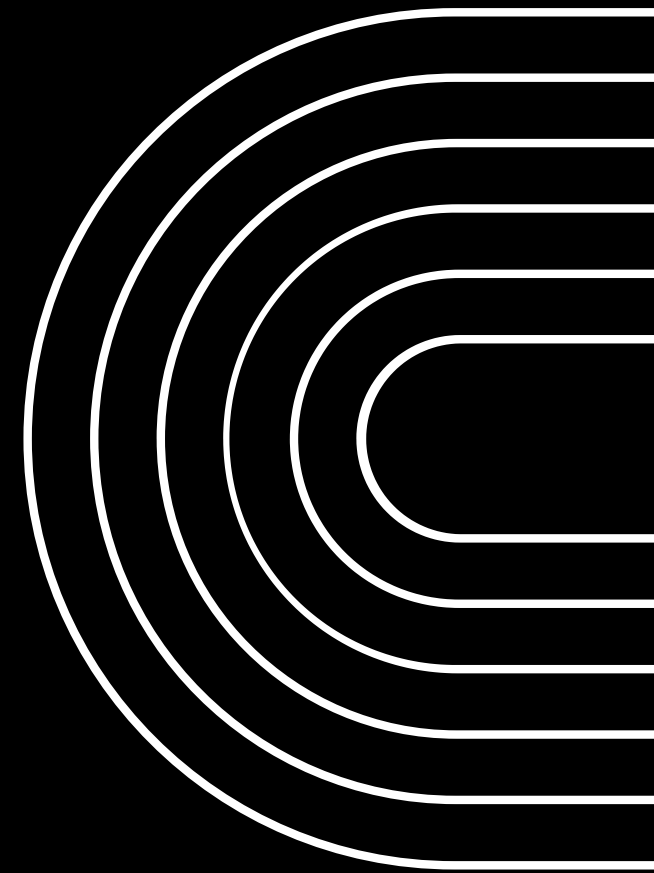
RICE

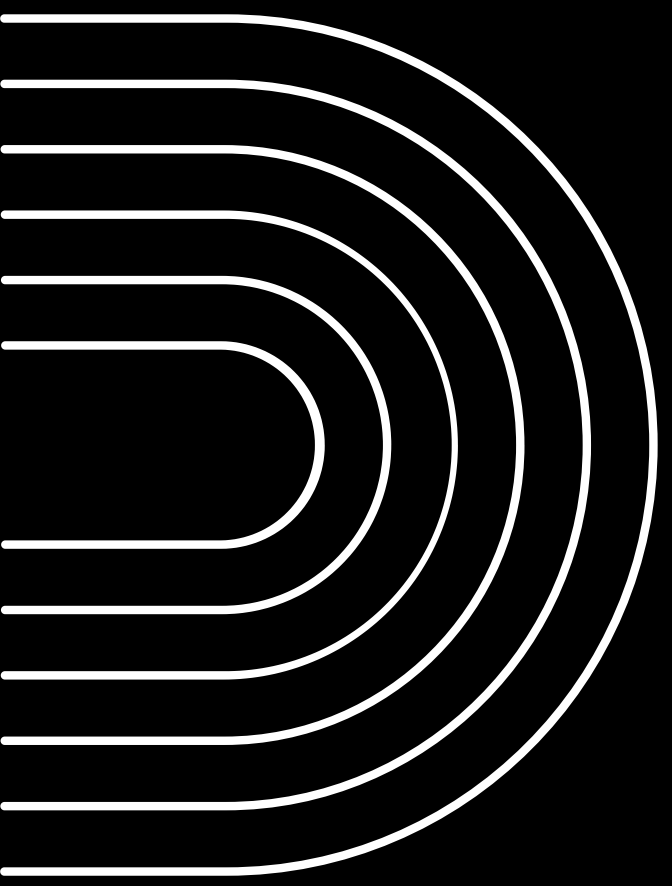


WHITE RICE



RICED CAULIFLOWER





WHITE RICE

1 cup has...

- 170 calories
- 38 grams of carbs
- 0 grams of fat
- 4 grams of protein

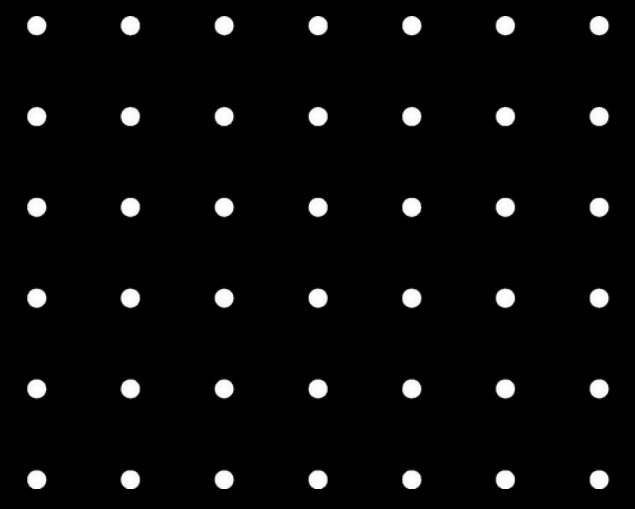


CAULIFLOWER RICE

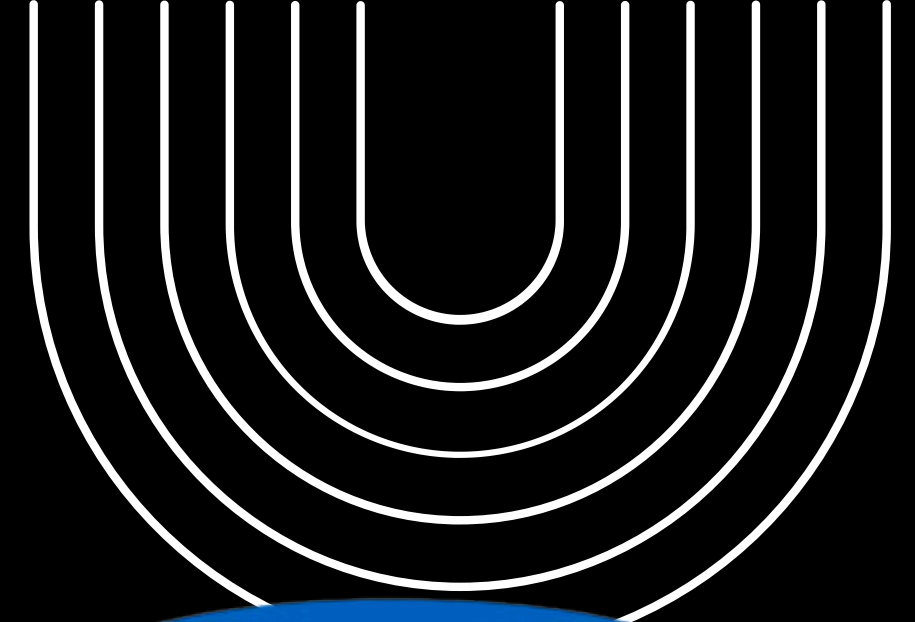
1 cup has...

- 20 calories
- 4 grams of carbs
- 0 grams of fat
- 1 grams of protein

WOAH...



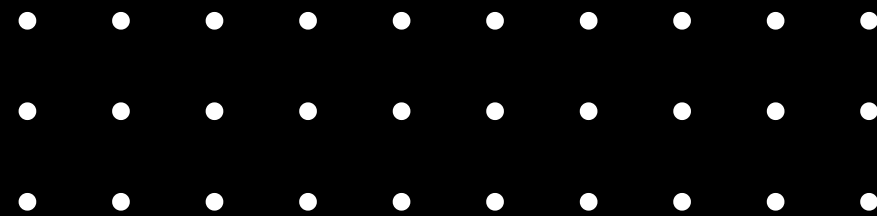
SOUR CREAM



SOUR CREAM

LIGHT SOUR CREAM

PLAIN GREEK YOGURT





SOUR CREAM

3 tbsps has...

- 90 calories
- 2 grams of carbs
- 8 grams of fat
- 2 grams of protein



LIGHT SOUR CREAM

3 tbsps has...

- 50 calories
- 2 grams of carbs
- 4 grams of fat
- 3 grams of protein

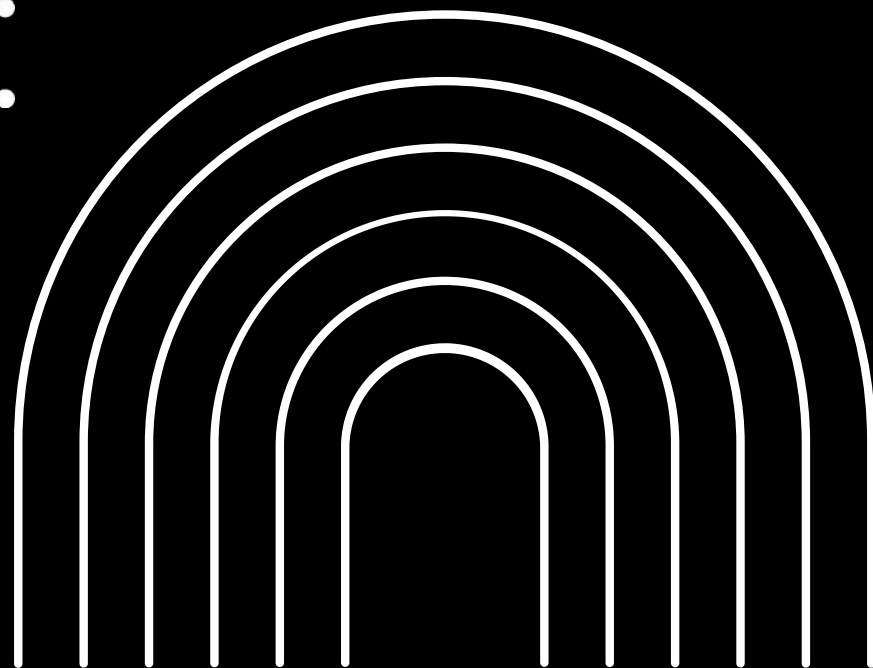


PLAIN GREEK YOGURT

3 tbsps has...

- 25 calories
- 2 grams of carbs
- 0 grams of fat
- 4 grams of protein

IT TASTES THE SAME WHEN YOU ADD IT TO THINGS, I PROMISE



**DO YOU WANT TO
STAY THE SAME?**

IF NOT, TAKE ACTION.

GO LAY BRICKS.