

ANTICANCER NUTRITION

THE WORKSHEET

OUR 80/20 STRATEGY = DO THESE 3 THINGS

1 WHERE AND HOW CAN YOU WORK ON YOUR NUTRITION?

SUGAR/FLOUR

HOW CAN YOU ELIMINATE / REPLACE SUGAR & FLOUR?

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OMEGA 3:6

HOW WILL YOU REDUCE INFLAMMATION?
GET YOUR OMEGA 3s AND 6s IN BALANCE
(↓ VEGGIE OILS + FACTORY-FARMED ANIMALS)

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PROTEIN

.5gr / LEAN BODY MASS + LIMIT ANIMAL PROTEIN

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2 ONE THING YOU CAN DO TODAY?

