

THE 80/20 180°

THE WORKSHEET

1 WHICH CONCRETE STEPS WILL YOU TAKE TO CHANGE YOUR DIET?

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 ENVIRONMENTAL TOXINS IN YOUR HOME? (COOK FOOD IN PLASTIC?!)

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