SANE
BY JONATHAN BAILOR

WHEN TO EAT	WHAT TO EAT
EVERY MEAL (IN THIS ORDER)	Non-Starchy Vegetables
	Nutrient-Dense Protein
	Whole-Food Fats
OCCASIONALLY (IN THIS ORDER)	Low-Fructose Fruits
	Legumes
	Other Fruits
INFREQUENTLY (IN THIS ORDER)	Most Dairy
	Other Fats
	Starch
AVOID	Sweets/Sweet Drinks

The SANE Plate

Low-Fructose Fruits
Whole-Food Fats
Non-Starchy Vegetables
Nutrient-Dense Proteins

The SANE Pyramid

Low-Fructose Fruits
Whole-Food Fats
Nutrient-Dense Proteins
Non-Starchy Vegetables
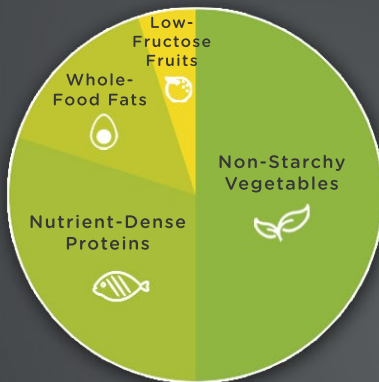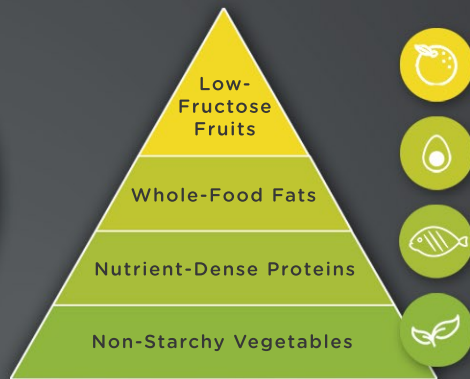
The SANE Spectrum

Non-Starchy Vegetables	Nutrient-Dense Protein	Whole-Food Fats	Low-Fructose Fruits	Legumes	Other Fruits	Most Dairy	Other Fats	Starches	Sweets

SANE ———————————————— INSANE

VISIT: SANESOLUTION.COM/WELCOME To Get More Tools

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SANE Science Summary

My Body Will Burn Fat Automatically If I Eat

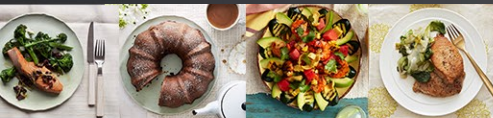- Way way more Non-Starchy Vegetables
- Way more Nutrient-Dense Protein
- More Whole-Food Fats & Low-Fructose Fruits
- Same amount of Legumes
- Less Other Fruits & Most Dairy
- Way less Other Fats, Starch, & Sweeteners

It's more likely to be SANE if:

1. Is high in water, fiber, & protein
2. Is found directly in nature
3. Is found on the perimeter of your grocery store
4. Is kept in your fridge or freezer
5. Has few ingredients in it

It's more likely to be inSANE if:

1. Is low in water, fiber, and protein
2. Is not found directly in nature
3. Is found in the center aisles of your grocery store
4. Is kept on your counter or pantry
5. Has many ingredients in it

- Body fat is controlled by your *set-point*
- Your set-point is controlled by hormones
- Hormones are controlled by calorie *quality*
- *Quality* is controlled by Satiety. Aggression, Nutrition, Efficiency (SANEity)
- *SANEity* is controlled by water, fiber, and protein
- **Which means you can**
- Eat foods *packed* with water, fiber, and protein
- Avoid foods *low* in water, fiber, and protein
- So you *increase* the SANEity (quality) of calories as much as possible
- So you can *decrease* your set-point and heal your body
- **So you automatically burn fat!**