



## 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



## SANE Science Summary

### 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!