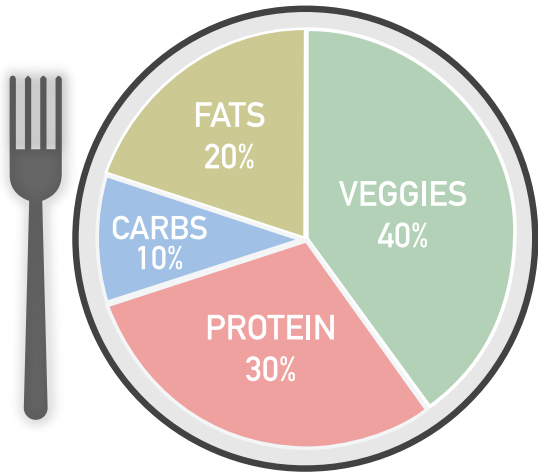




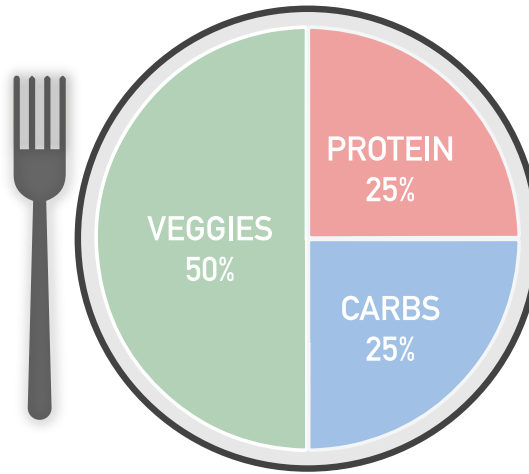
≡ ON THE FLY

NUTRITION RECOMMENDATIONS

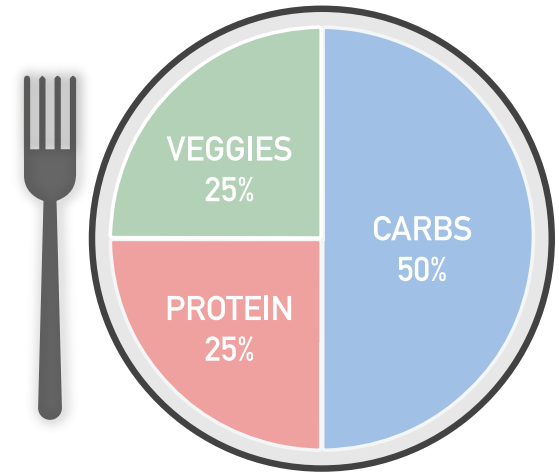
PHASE 2



LOW CARB



REGULAR CARB



HIGH CARB

MEASUREMENTS

	WOMEN	MEN
PROTEIN	1.5 palm	2.5 palm
VEGGIE	~2-3 fists	~2-3 fists
FAT	2-4 thumbs	3-5 thumbs
CARBS	0-1 small handfuls per day	

	WOMEN	MEN
PROTEIN	1 palm	2 palm
VEGGIE	2-3 fists	2-3 fists
FAT	1-2 thumbs	2-3 thumbs
CARBS	1-2 fists per day	

	WOMEN	MEN
PROTEIN	1 palm	2 palm
VEGGIE	1 fist	2 fists
FAT	1-2 tumbs	2-3 tumbs
CARBS	3-4 fists per day	

*fats to cook in or top with oil, seeds, etc.