

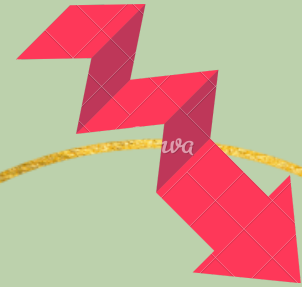


Nutrition Fundamentals



Eat/Consume MORE:

Lean Protein
Fresh Fruits and Vegetables
Fiber
Water



Eat/Consume LESS:

Processed Foods
Added Sugars
Caffeine

For most people, starting here is an excellent way to improve your nutrition for overall wellness.



If you have questions about any of this or other questions about your nutrition, don't hesitate to reach out to Mary-Catharine with Defy Nutrition! defynutrition.com

