

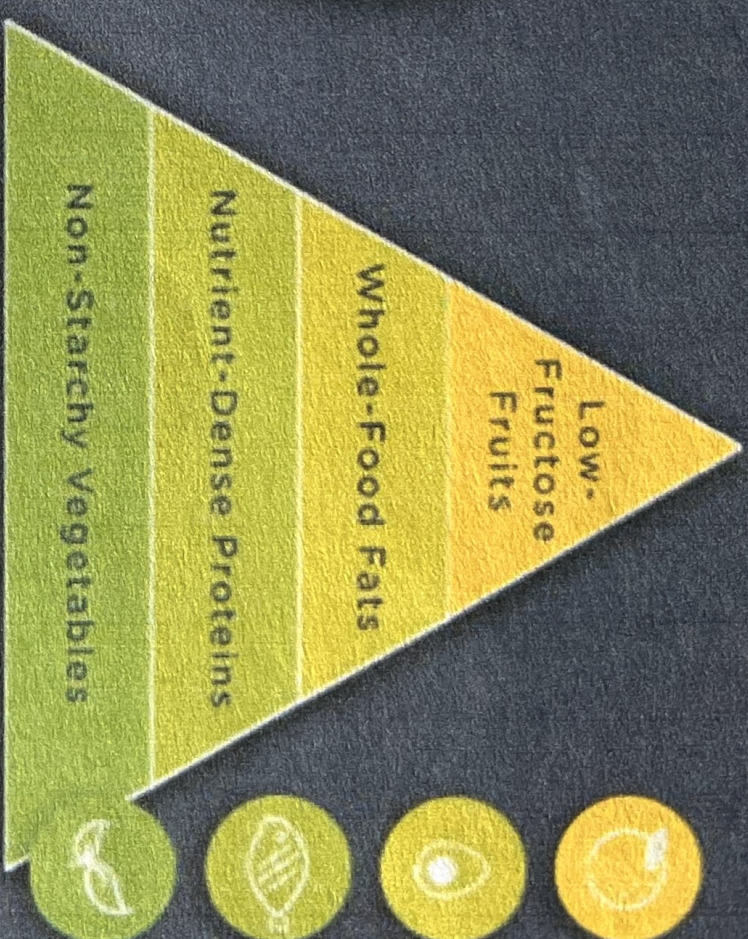
# SANE

BY JONATHAN BAILOR

## The SANE Plate



## The SANE Pyramid



### WHEN TO EAT

### WHAT TO EAT

EVERY MEAL  
(IN THIS ORDER)

Non-Starchy Vegetables  
Nutrient-Dense Protein

Whole-Food Fats

Low-Fructose Fruits

OCCASIONALLY  
(IN THIS ORDER)

Legumes

Other Fruits

Most Dairy

Other Fats

Starch

AVOID

Sweets/Sweet Drinks

INFREQUENTLY  
(IN THIS ORDER)

## 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