SANE

BY JONATHAN BAILOR

WHEN TO EAT

(IN THIS ORDER) EVERY MEAL

OCCASIONALLY (IN THIS ORDER)

INFREQUENTLY (IN THIS ORDER)

AVOID

WHAT TO EAT

Non-Starchy Vegetables Nument-Dense Protein Whole Food Fats

Other Fats Starch

MOST Daily

Sweets/Sweet Drinks

The SANE Plate

Food Fats Whole-Fructoso Fruits Low.

Non-Starchy Vegetables



Nutrient-Dense

Proteins

The SANE Pyra

Fructose Fruits LOW-

Whole-Food Fats

Nutrient-Dense Protei

Non-Starchy Vegetables

The SANE Spectrum

Non-Starchy Vegetables

Nutrient-Dense

Whole-Food

Low-Fructose

Legumes

Other Fruits

Most Dairy

Other Fats

Starches

Sweets







