

HEALTHY EATING GUIDELINES

ADD IN

Water

Protein/Fat/Carbs

Add Plant-based Foods

Plant-based Omegas

Sleep 7-9 Hours

Exercise

Healing
FROM THE INSIDE OUT

ELIMINATE

Artificial & Refined Sugars

Toxins - Processed Foods & Caffeine/Alcohol

Dairy

Gluten

Wheat

LIFEFIT
BRAINFIT

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HEALING FROM THE INSIDE OUT