

DATA HUB REPORT // 002

WHAT TO EAT

THE SIMPLE FOOD MAP

SWIPE TO START →

GREEN LIGHT

Eat these until you are full. They have 0 carbs.

BEEF & LAMB

Steaks, ground beef, roasts, brisket, and chops. These are your main fuel.

OTHER MEATS

Pork (sugar-free bacon), eggs, and butter.

DRINKS

Water (still or bubbly) and salt to taste.

YELLOW LIGHT

Use these with care. They can stall fat loss.

- **DAIRY:** Cheese and heavy cream. High in calories!
- **COFFEE:** Black is best.
- **POULTRY:** Chicken and turkey (Add butter!).
- **SEAFOOD:** Shrimp, salmon, and scallops.

The Dairy Ladder:



RED LIGHT

Avoid these always. They cause hunger and fat storage.

THE NO-LIST:

- × Sugar (Honey/Soda)
- × Grains (Bread/Rice)
- × Seed Oils (Canola)
- × Sauces (Ketchup)

EATING OUT

- ▶ **Burgers:** Patties only. No bun.
- ▶ **Steak:** Ask for butter on top. No oil.

WANT A SHOPPING LIST?

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