

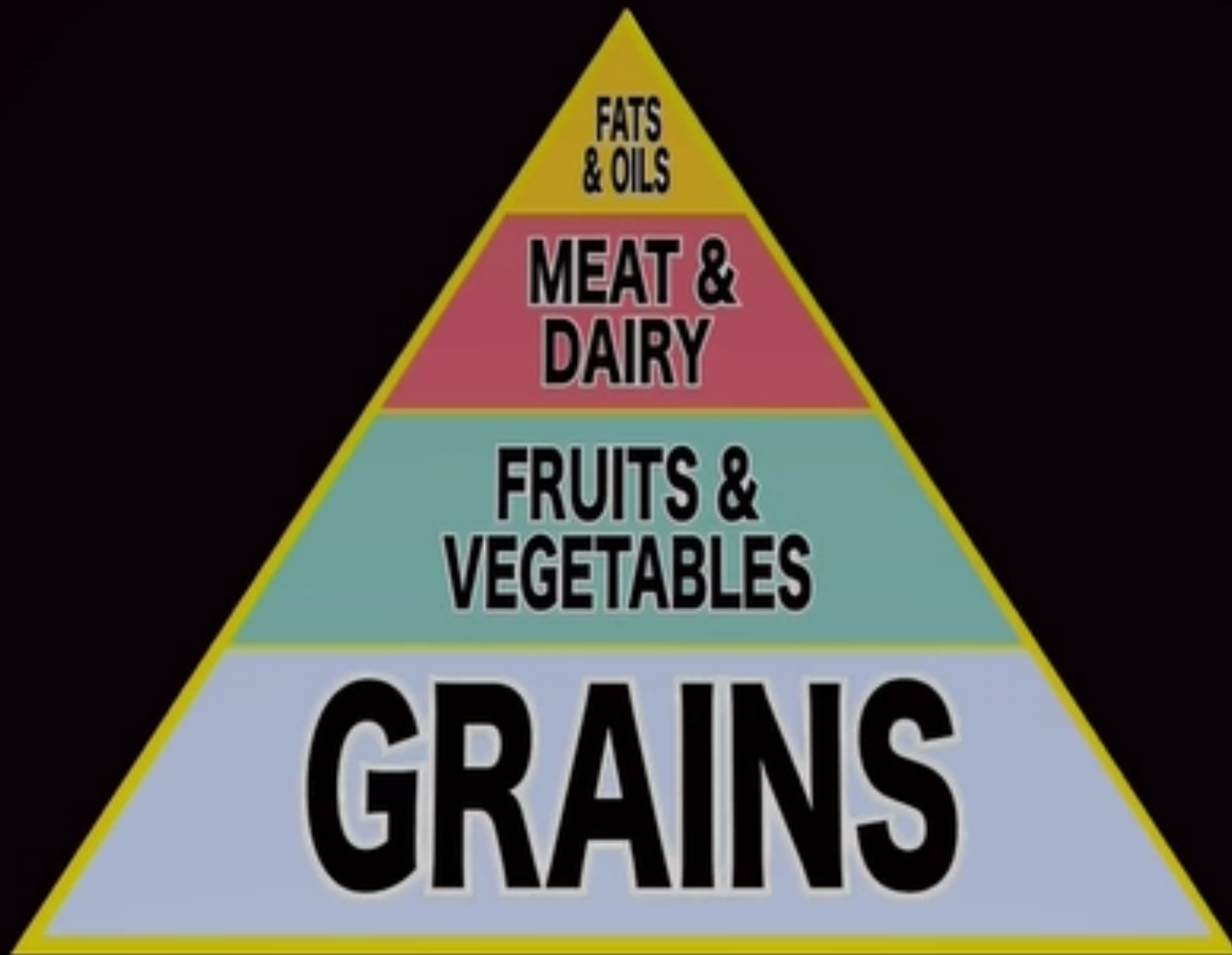
Hacking your diet for health and energy

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@zenwheel

Under attack...

- Sleep
- Controlling Stress
- Diet







watermelon



corn



banana



aubergine / eggplant



carrot



cabbage, kale, broccoli, etc.

These are bad

- Vegetable oils
- Juice
- Grains
- Processed foods



The image features a large inverted pyramid divided into four horizontal sections. The top section is yellow and contains the text 'FATS & OILS'. The second section is pink and contains 'MEAT & DAIRY'. The third section is light blue and contains 'FRUITS & VEGETABLES'. The bottom section is a smaller, light purple triangle containing the word 'GRAINS'. The entire pyramid is set against a dark blue background.

FATS & OILS

MEAT & DAIRY

**FRUITS &
VEGETABLES**

GRAINS



Additional Resources

- The Big Fat Surprise by Nina Teicholz
- Keto Clarity by Jimmy Moore
- The Art and Science of Low Carbohydrate Performance by Steve Phinney and Jeff Volek
- Keto Talk Podcast
- /r/keto
- That Sugar Film
- Cereal Killers