















# 80/20 RULE FOR FAT LOSS

 = Whole Foods (    ) Average = **80%**

Monday						= 80 %
Tuesday						= 80 %
Wednesday						= 100 %
Thursday						= 100 %
Friday						= 60 %
Saturday						= 80 %
Sunday						= 60 %

Although you see pizza, ice cream, pancakes and burgers on this chart, I strongly encourage you to always prioritize quality. You can make a delicious home made burger with 100% organic ingredients, have "Halo Top" ice cream (a low calorie, tasty pint of dairy and non-dairy options) Kodiak Cake Protein Pancakes in replace of Bisquick, or you get a cauliflower pizza crust with veggie toppings. If you would normally go to McDonald's for a burger, start getting yourself BurgerFi instead (a quick casual burger joint with 100% grass fed beef). If you truly want to improve your long term health; the more whole, real, natural and organic ingredients in all areas of your life do matter and will make a difference. Check out [www.biggerchange.com](http://www.biggerchange.com) for more healthy living tips and resources.



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