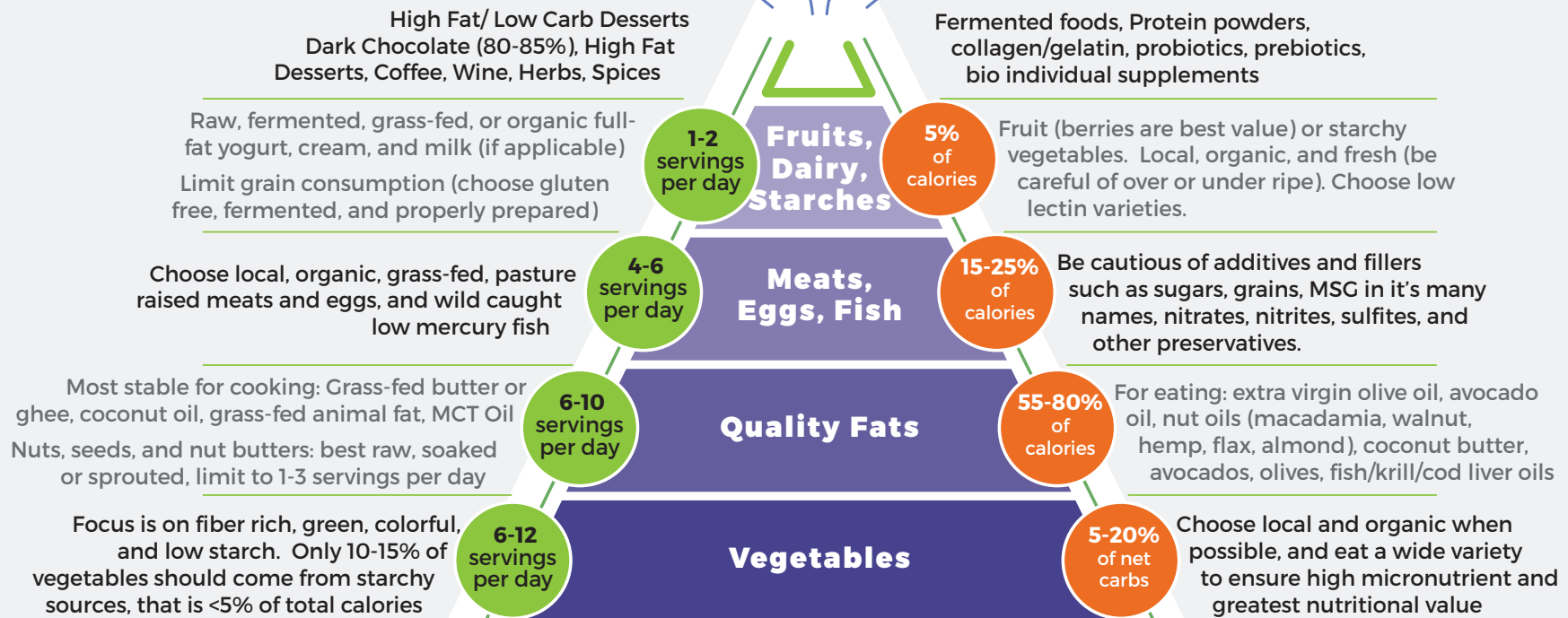


“We are **so off base from what we are programmed to eat.”**

- Loren Cordain

There is no One Size Fits All approach to health. Macronutrient ratios will vary considerably depending on each individual’s health goals and challenges.



FOOD PYRAMID