

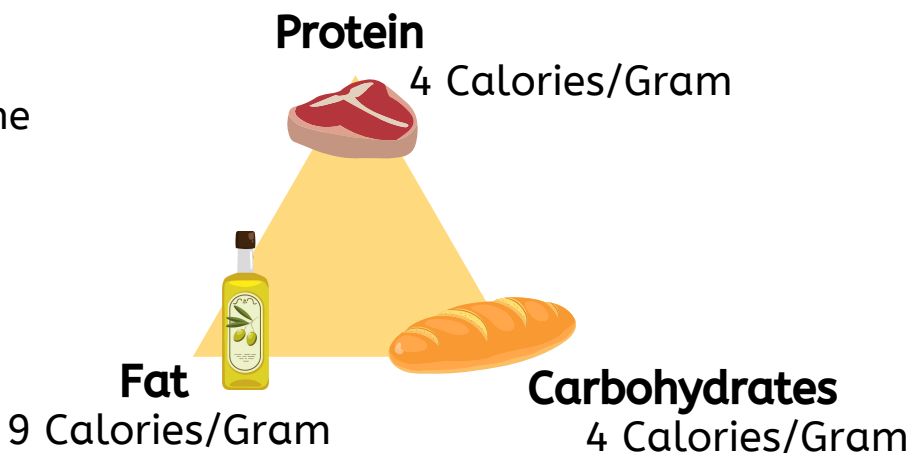
4

The Magic of Calorie Density + EYE-OPENING Examples

Caloric Values of The Big Three Macronutrients

Fats possess more than double the calories of proteins and carbs.

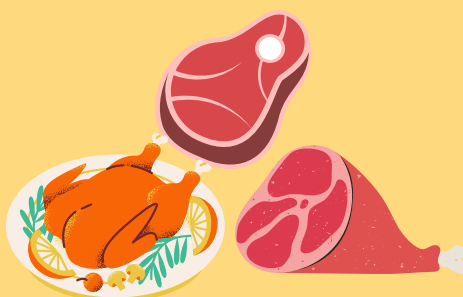
Therefore, when aiming for fewer calories, beware of foods containing excessive fat.



Common Foods Comparison (Calories in 4 oz of Each)



Fruits and Veggies
15-105 cal



Meats
270-310 cal

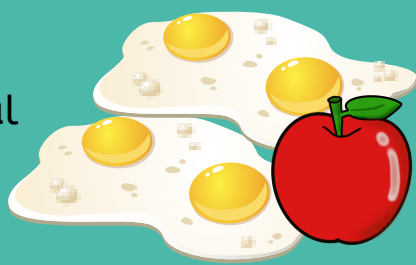


Bread Baked Goods
230 -340 cal

1 Whole Foods Breakfast

4 Eggs: 310 Cal

1 Med Apple: 80 Cal



~400 Calories

Processed Breakfast

2 Poptarts: 400 cal



~400 Calories

2 Fast Food Burger Lunch

Big Mac: 563 cal

Med Fries: 378 cal

Med Soda: 210 cal



~1150 Calories

MOD 3x Lunch

MOD Honey Old Bay Salmon Meal: 435 Cal

MOD Fiesta Turkey Meal: 279 Cal

MOD Porkchop Meal: 210 Cal



~998 Calories

3 MOD 2x Lunch

2x Buffalo Shrimp Fiesta Salad (6oz Protein):

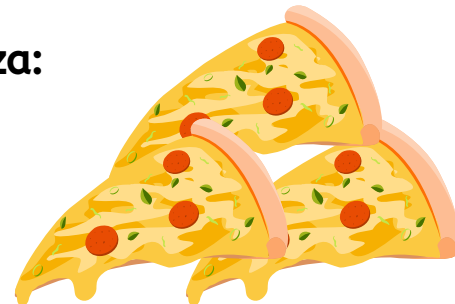
2x 366 cal



~732 Calories

Fast Food Pizza Lunch

3 Slices of Pizza:
3x 298 cal



~894 Calories

4 Traditional Dessert

1 Slice of Cheesecake:
400 cal



~400 Calories

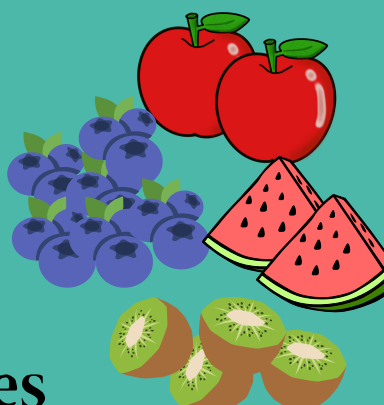
Fruit Salad Dessert

2 Apples: 160 cal

1 Cup Blueberries:
80 cal

2 Cup Watermelon:
80 cal

2 Kiwi: 80 cal



~360 Calories