

FATLOSS

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graph LR; FATLOSS[FATLOSS] --> A[Be in a Calorie Deficit]; FATLOSS --> B[Reduce Inflammation]; FATLOSS --> C[Stay Hydrated]; FATLOSS --> D[Build Lean Muscle]; FATLOSS --> E[Control Blood Sugar Level]; A --> A1[Reduce Calorie dense foods - Increase Nutrient dense foods (Veg, Berries, Proteins). Increase your calorie output (exercise, increase muscle mass)]; B --> B1[Take out inflammatory foods, primarily (different for everyone)]; B1 --> B1a[- Wheat]; B1 --> B1b[- Gluten]; B1 --> B1c[- Cows Dairy]; C --> C1[Drink 3 Litres of high quality water EVERY DAY]; D --> D1[Fire up your metabolism and burn calories for days after your workout, increase functional movement, improve posture, more likely to be in calorie deficit, reduce risk of osteoporosis]; E --> E1[Cut down Sugar (in ALL Forms)]; E1 --> E1a[- Fruit (Fructose)]; E1 --> E1b[- Dairy (Lactose)]; E1 --> E1c[- Sugar (Sucrose, Glucose)];
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Be in a Calorie Deficit

Reduce Calorie dense foods - Increase Nutrient dense foods (Veg, Berries, Proteins). Increase your calorie output (exercise, increase muscle mass)

Reduce Inflammation

Take out inflammatory foods, primarily (different for everyone)

- Wheat
- Gluten
- Cows Dairy

Stay Hydrated

Drink 3 Litres of high quality water EVERY DAY

Build Lean Muscle

Fire up your metabolism and burn calories for days after your workout, increase functional movement, improve posture, more likely to be in calorie deficit, reduce risk of osteoporosis

Control Blood Sugar Level

Cut down Sugar (in ALL Forms)

- Fruit (Fructose)
- Dairy (Lactose)
- Sugar (Sucrose, Glucose)