



As A Guide - An average man needs around **2,500** calories a day to maintain a healthy body weight ... an average woman needs about **2,000** calories a day.

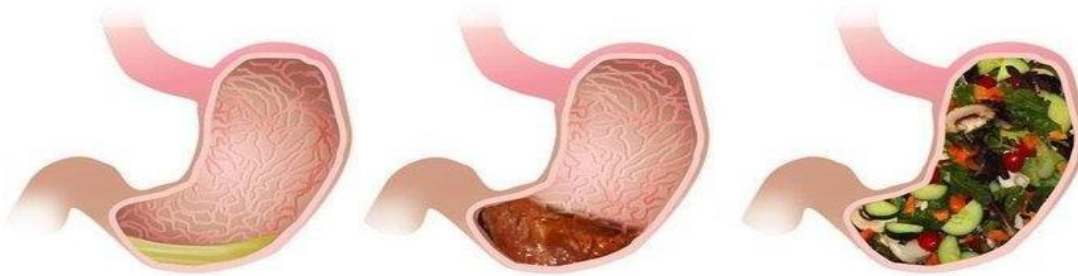
(Low Calorie) PLANT-BASED Nutrition:



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Dr. John McDougall, MD - World renowned Physician / Author / Speaker / Nutritionist ... teaches the wisdom (and 'proof') of Plant - Based, Whole Food (S-T-A-R-C-H Centered) NUTRITION ... for halting / reversing / healing >>> CHRONIC DISEASES.

Caloric Density



400 Calories of Oil

400 Calories of Beef

400 Calories of Vegetables

Stretch receptors are located throughout the stomach. When they are triggered by food, they send signals to your brain to tell you to stop eating. With high fiber, whole plant foods, you can eat the most quantity for the least amount of calories.

SEE Dr. McDougall's Teachings, on CALORIES:

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! FOOD POISONING !

But ... What About >>> **P-R-O-T-E-I-N??**

How Many **CALORIES** do I Need / Day - From my **PROTEIN**?

Anywhere from 10% to 35% of our CALORIES should come from PROTEIN. So, if our needs are 2,000 calories, that's 200–700 Calories from Protein, or 50–175 grams. The recommended dietary allowance - to prevent deficiency for an average sedentary adult - is 0.8 grams per kilogram of body weight.

Protein



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