

# Eat More Food To Lose Fat

## Instead of Eating This

### Typical, High-Calorie Meal



**1 Fried Chicken Sandwich  
& Medium Fries**  
**850 Calories**



**Seasonal Latte & a  
Muffin**  
**770 Calories**



**Potato Chips  
(1 Serving/17 Chips)**  
**160 Calories**



**Oreo's  
(3 Cookies)**  
**160 Calories**

## You Could Lose Fat with This

### Filling, Lower-Calorie Meal

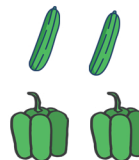
**2 Grilled Chicken  
Sandwiches & Side Salad**  
**780 Calories**



**2 Egg White Sandwiches,  
Banana, & Black Coffee**  
**520 Calories**



**2 Entire Cucumbers & 6  
Entire Green Peppers**  
**130 Calories**



**Strawberries (Entire 1  
Pound Container)**  
**145 Calories**



**GastroDoxs**  
defenders of the digestive system