



FOOD FREEDOM FORMULA

C H E L S E A C O N S T A N T I N O



What you will learn:

The EXACT method I use to _____

without:

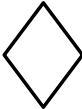
✗ *counting calories*

✗ *tracking macros*

✗ *dieting*

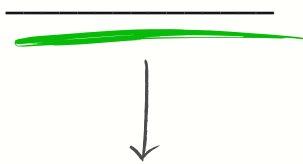
What is the Food Freedom Formula?

$$\text{_____} + \text{_____} = \text{_____}$$

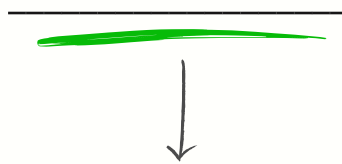
  



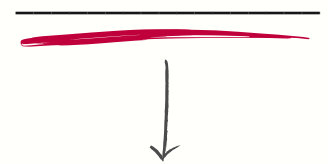
REAL Food Spectrum



single ingredients



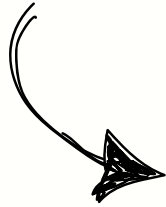
+2 single ingredients



cannot exist without a
multitude of ingredients

Examples:

Why eat REAL food?



GENESIS 9:1-3

"Then God blessed Noah and his sons and told them, 'Be fruitful and multiply. Fill the earth. All the animals of the earth, all the birds of the sky, all the small animals that scurry along the ground, and all the fish in the sea will look on you with fear and terror. I have placed them in your power. **I have given them to you for food, just as I have given you grain and vegetables.**'"



How to know if it's REAL

"If it once..."



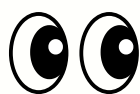
"...it's REAL"



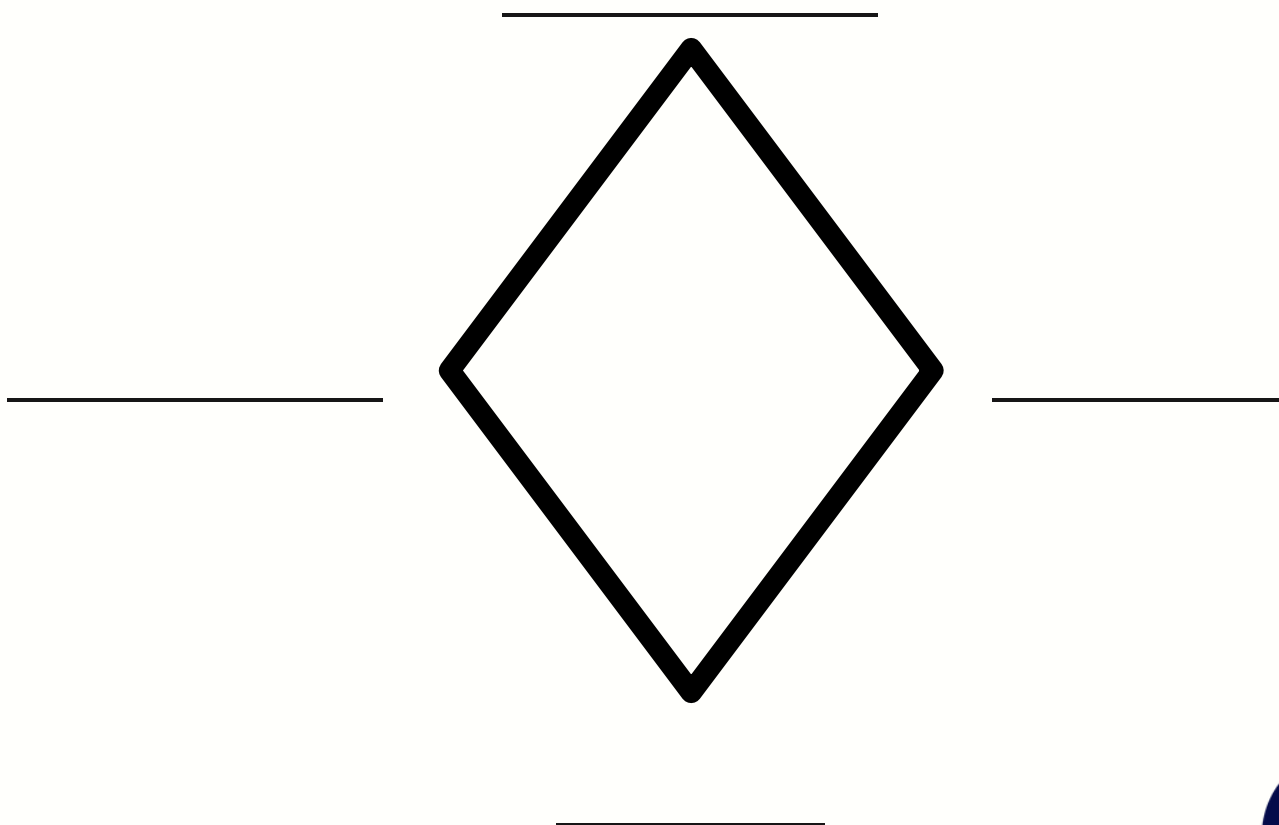
“The Diamond Meal”



The answer to “how *much* should I be eating?”



Replaces counting & weighing with _____



Homework Challenge:

MEAL ONE

PROTEIN	
VEGGIES	
STARCH	
FAT	

Notes:



Amazon.com
>> “Coach REIGN Meal Planner”



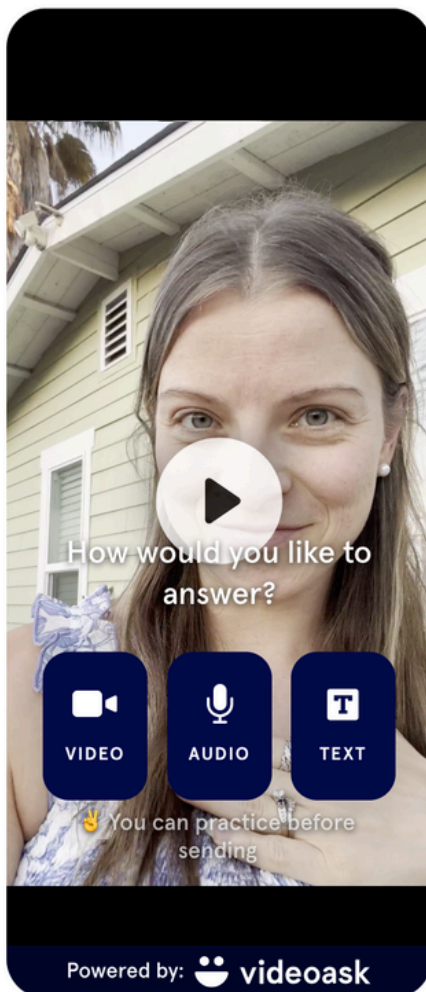
Questions?



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www.coachreign.com/start



Have more questions?

Send me a voice or video message
and I'll respond to you directly!



*Chat soon!
Coach Chelsea*

