



5 NUTRITION MISTAKES THAT KILL RESULTS

1 GUESSING PORTIONS

Eating without measuring often leads to overeating.



2 IGNORING PROTEIN

Low protein leads to hunger and weak progress.



3 DRINKING CALORIES

Sugary drinks add empty calories fast.



4 WEEKEND BINGES

Undoing 5 days of hard work in 2 days of overeating.



5 NOT TRACKING PROGRESS

Success requires structure and tracking.



DISCIPLINE OVER EMOTION

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