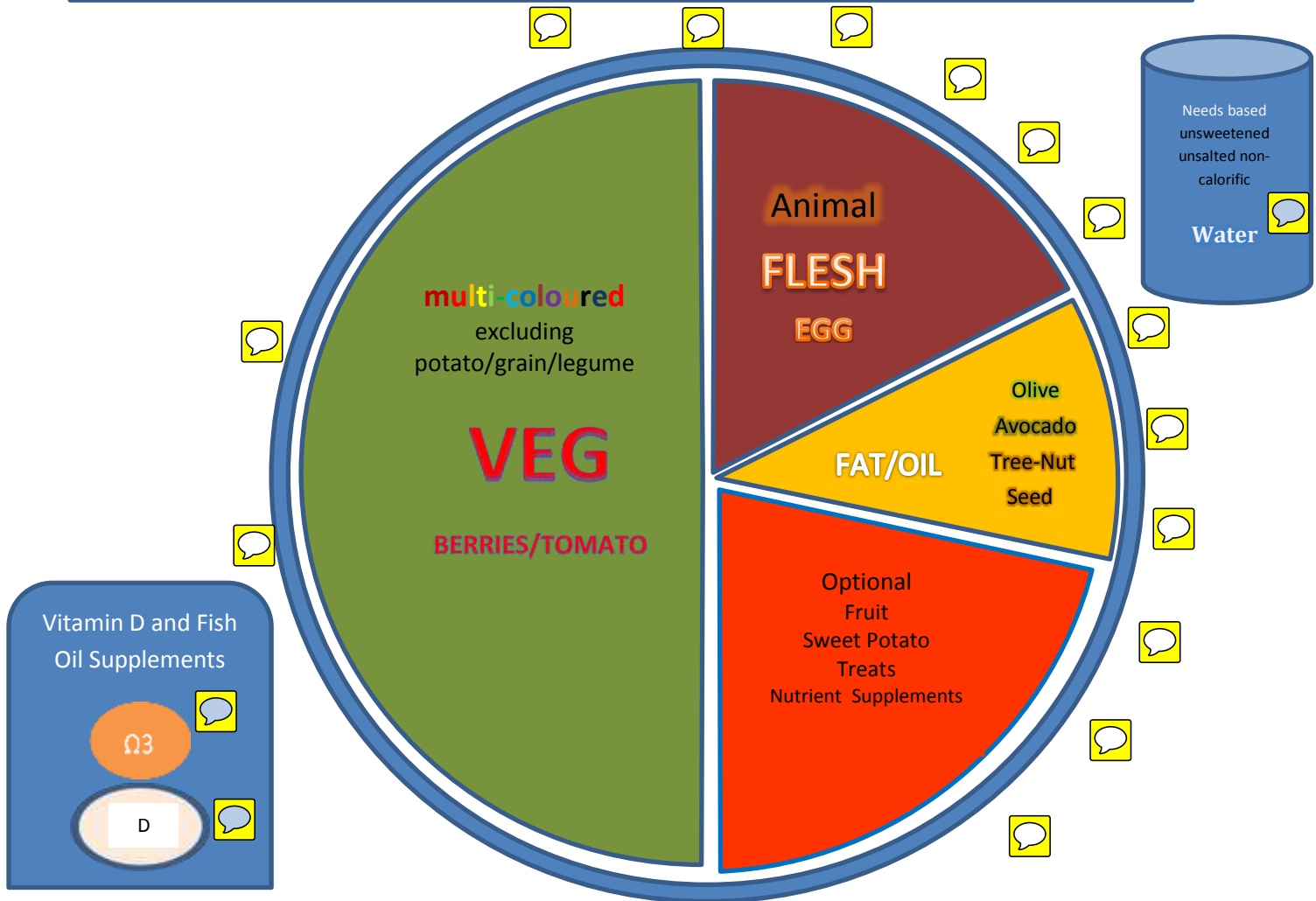


Paleo-Science Group Draft Lifestyle **TE**MPLE  
Alternative **PL**ATE to standard Harvard/Willett /USA **PL**ATE/**PY**RAMID options  
**TE**Mporary, i.e. changing with new information

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Diagrammatic information consciously minimised



Foods optimally raised/transported, fresh/fresh-frozen, minimally/essentially processed/salted cooked

> 50% resting METs **ACTIVITY**  
including General Movement, Aerobic, Strength/Balance/Core and Flexibility  
usually 1/2 hour or more daily-alternating structured guided activity  
balanced by adequate  
**REST AND SLEEP**  
**ENERGY NEEDS** proportional to activity, fat and muscle status

**MINDSET** of Health Directed **MOTIVATION**  
Based on attainment of **OR** aspirations for optimal  
**Healthy Physical and Environmental SECURITY** with  
Social, Emotional, Spiritual, Philosophical, Intellectual, Educational, Financial **WELL BEING**