

Start with food.

Build a strong everyday foundation before chasing complicated plans.



Food first means:



Balanced meals

Protein, fibre, healthy fats and colourful whole foods.



Practical portions

Eat enough for your needs - not too little, not too much.



Consistency

Simple habits repeated daily usually beat short-term extremes.

A simple daily plate

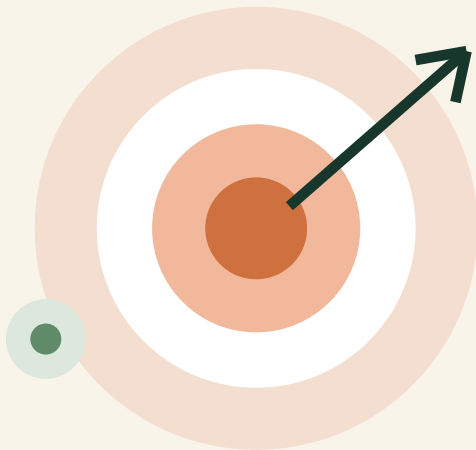
1/2 vegetables + 1/4 protein + 1/4 whole-food carbohydrates

Add water, mindful eating and regular meal timing to support energy and appetite.

GOAL-FOCUSED NUTRITION

Eat for your goal.

Your food choices can become more useful when they match what you are trying to improve.



Choose a clear focus



Energy & stamina

Support steady energy with regular meals and balanced fuel.



Weight goals

Adjust portions and food density without crash dieting.



Better routines

Build meals that fit your schedule, culture and preferences.



Long-term wellness

Use sustainable habits you can continue after motivation fades.

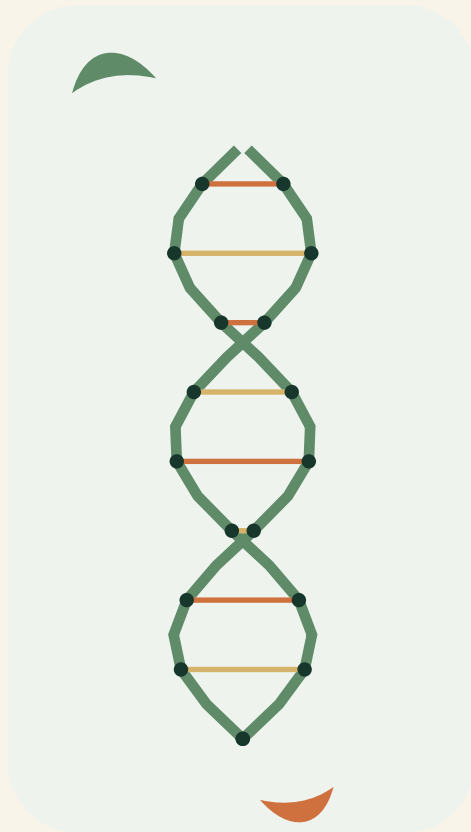
The useful question is not:

“What is the perfect diet?”

It is: “What approach best supports my goal, body, routine and long-term consistency?”

Add your biology.

DNA insights can add another layer of personalization to food and lifestyle guidance.



What DNA insights may help explore



Nutrient tendencies

How your body may process or need support around selected nutrients.



Food response patterns

Useful clues around metabolism, appetite or macronutrient response.



Exercise & recovery

Insights that can complement movement, recovery and lifestyle choices.



Preventive awareness

A lifelong genetic report can support earlier, more informed choices.

Best used together

FOOD-FIRST + YOUR GOALS + DNA INSIGHTS

Genes are one part of the picture. Everyday food, movement, sleep, stress and professional guidance still matter.