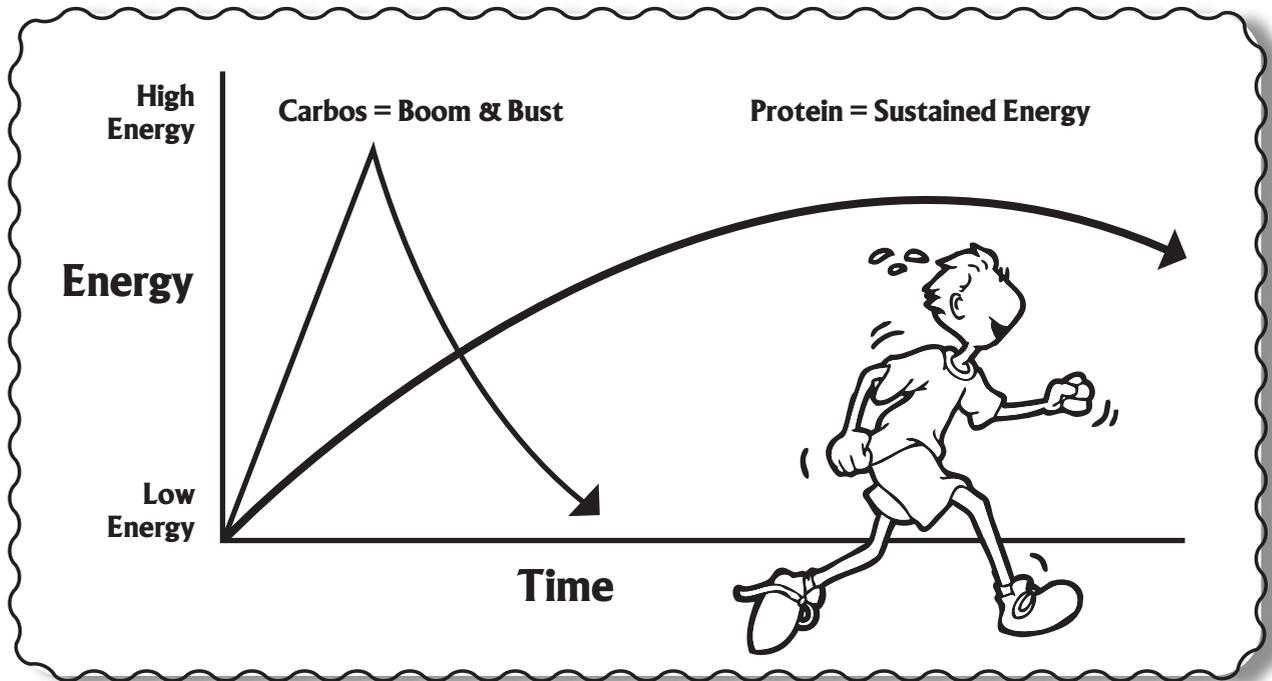


# Breaking the High-Low Cycle

## Energy Released by Carbos v. Protein



### Carbo Crashers

v.

### Protein Power

- ▶ Donuts
- ▶ Candy Bars
- ▶ Cookies
- ▶ Cakes
- ▶ Pancakes
- ▶ Waffles

- ▶ Eggs
- ▶ Chicken
- ▶ Cottage Cheese
- ▶ Nuts
- ▶ Cheese
- ▶ Ham

