

# Nutritional **Flow**



**INSULIN SENSITIVE**

**LOWER STRESS**

**Intermittent  
Fasting**

**Carnivore**

**Ketogenic**

**Cyclical  
Ketogenic**

**Carb Back  
Loading**

**Iso Caloric**

**Higher Carb**

**FAT LOSS**

**STRENGTH**

**HYPERTROPHY**

*Parter.*  
INSTITUTE