

Fats Are King

The following are the healthiest fats on planet earth for blingin out your body, elevating your vibe and making you feel fantastic. Begin to intake these healthy fats into your daily nutrition and watch miracles happen.

Avocado Oil

Grapeseed Oil

Coconut Oil

Red Palm Oil

Macadamia Nut Oil

Pasture Butter/Grass Fed Butter

Fatty Meats - chicken wings and legs - intake the skin

Fatty Red Meat like Rib Eye steaks

Wild Salmon

Raw Milk or Raw Goat Milk or Raw Sheep Milk

Lamb

To Your Health

The image shows a handwritten signature in blue ink that reads "Rino Soriano". The signature is written in a cursive, flowing style.