

THE VEEP REVOLUTION

Forget Tracking.
Forget Counting.
The only real solution
is real food, in real situations.

Lets face it. Over the long term
nobody keeps track.

VEEP is based on what people really
do. In real life we visually estimate por-
tion sizes. New research proves it. The
problem is most of us are terrible at
estimating portions.



Equal calories of black beans and hummus

Visuals are much more **POWERFUL**
than counting calories. A single viewing
of the correct portion size has a lasting
impact.

THE HARD STUFF

VEEP makes all the hard stuff easy. Per-
fect food timing and ratios of foods are
reduced down to visuals exactly right
for you.

At the right timing and
ratios of nutrients, magic
happens with weight con-
trol. VEEP makes complex
nutrition simple by reduc-
ing it all down to pictures.



VEEP REACTS

VEEP reacts to what you do. VEEP
adapts when you get off track and to
real world situations like going out,
drinking alcohol and overeating.

A LEARNING SYSTEM

Over time, VEEP teaches you how to
use real food in real situations. You
learn how food works. You learn how
to get off track and still control your
weight using real food. Now thats real
freedom!

