

# 80Bites

For anyone fed up with mainstream dieting, 80Bites would like to let you in on a secret: it's not WHAT you eat that matters, it's HOW MUCH. In 12 weeks, we'll show you how to retrain your stomach and rewire hunger cravings for good. 80Bites is enough – join us and see for yourself!



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Hello, 80Bites Diet

QUANTITY      FREQUENCY      QUALITY      BALANCE

01 02 03 04 05 06 07 08 09 10 11 12

**BITE OF THE WEEK:**  
Use the 80Bites App to Discover How Much You're Really Eating

**WEEK 1: WELCOME TO 80BITES!**

Congratulations on taking the first step toward changing your eating habits, once and for all! First step – relax! Take a deep breath. 80Bites is organized in a way that allows you to learn gradually and master each theme completely before moving forward. It really will be easy.

**HOW IT WORKS**

The 80Bites program is 12 weeks long, and you'll have access to the site for the duration of those 12 weeks. Beginning with Week 1, you'll see each new week's content "unlocked" every seven days. You'll be greeted with you current week's content whenever you log into 80Bites. As the weeks progress, the thermometer at the top of the page tracks your place in

80Bites 🍷 🍴 🥗 🍌 🍷

+ + = SNACK = 15

+ = SNACK = 15

GRAIN  
OR  
BEVERAGE + PROTEIN + VEGETABLE = SNACK  
OR  
FRUIT

New content is "unlocked" each week, allowing you fully absorb the information and retrain your stomach step-by-step.

80Bites is all about simplicity. We start with the easiest counting tool there is - bites - and use that foundation to build healthy meals.

**CONTACT FOR PRESS INQUIRIES:**

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