



Learn how to eat enough fiber so you can:

- Lose weight automatically
- Have more energy and stamina
- Sleep better
- Reduce diabetes risk
- Avoid diverticulitis
- Reduce risk of heart attack
- Control your blood sugar
- Feel good again

Sure, you could figure out how to eat enough fiber on your own. But it's so much more doable with an experienced guide!

We believe now more than ever it's important to be actively making choices to improve health. Therefore, the Ardmore Institute of Health, the parent organization for Full Plate Living, has decided to make the Full Plate Living Membership available to everyone at no cost.

Included for Free

**Meal Planning Course** – Instant access to our meal planning course *Yummy*, with almost 70 slimming recipes.

**Recipes** - Delicious recipes so you won't feel rushed or stuck.

**Weight Loss Course** - Get a boost on your weight loss goals with these 16 doable video lessons.

**Workshops** - Join us for workshops with helpful tips and strategies for success.

**Challenges** - Fun group challenges to help you stay motivated.

**Private Community** - A private Facebook support group where you can get your questions answered.

Join for free at [fullplateliving.org](https://fullplateliving.org)