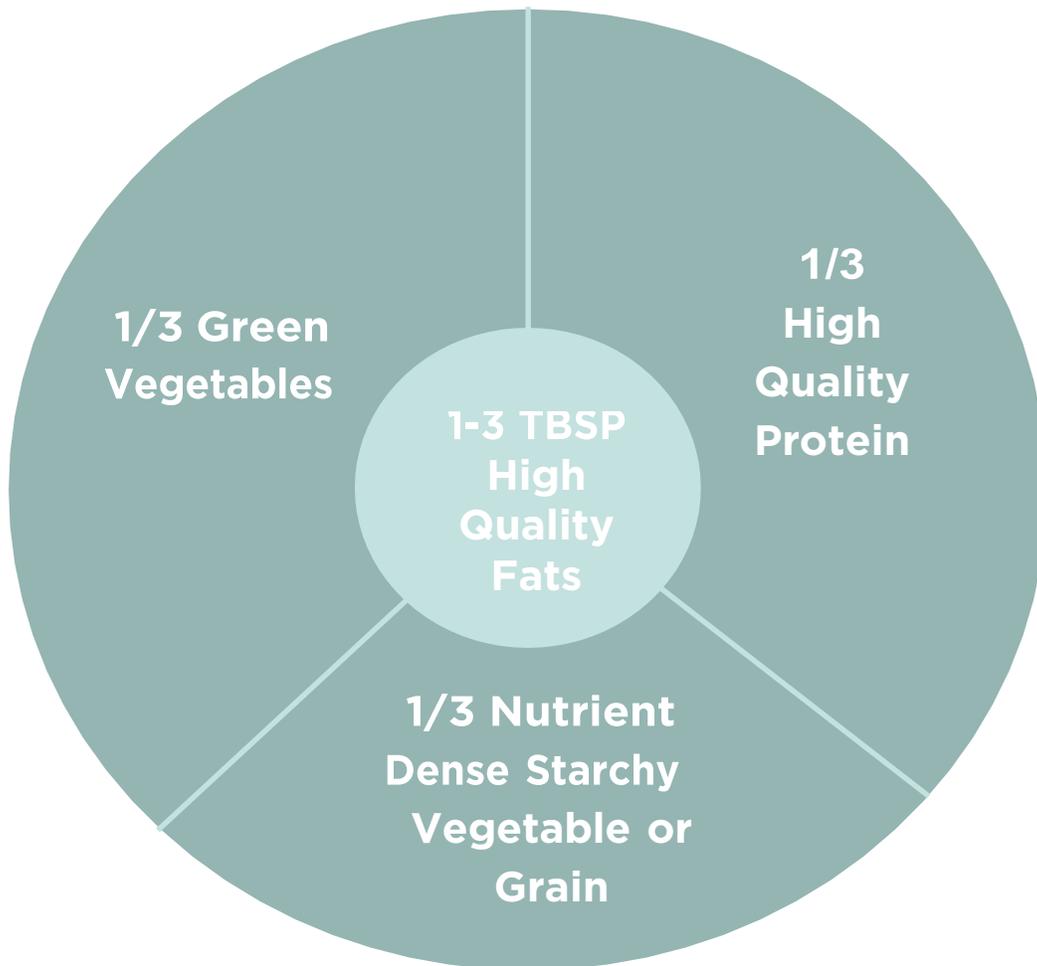


The Magic Plate

Healthy Meals At A Glance



Keys To Success:

Flexibility: Allow this template to shift & change according to the body wisdom

Animal Protein: You can also measure using the palm of your hand.

Eat Until Satisfied: Remember to take your time when you eat, so you're only 80% full.