

Free Healthy Eating Programs

Full Plate Living helps people add enough **whole, unprocessed fiber foods** to meals they're already eating.

It's a **small-step approach** that can lead to **big health outcomes**.



3 Programs For Your Patients

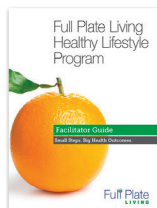
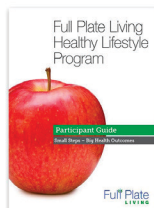
Full Plate
LIVING

Core Program



Self-Guided Online Program

An easy to share program focused on helping people add enough whole, unprocessed fiber foods to their meals. Scan below for more info.



Facilitated Group Program

An 8-session healthy eating program perfect for hosting groups in-person or online. Scan below for more info.

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Shared Medical
Appointment



Shared Medical Appointment Program

Free 8 session program for clinicians to use & bill for in their practice. Includes best practices for reimbursement. Scan below for more info.

Full Plate Living is provided as a free service by
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