

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.

Full Plate Living Healthy Lifestyle Program
Participant Guide
Full Plate LIVING

Full Plate Living Healthy Lifestyle Program
Facilitator Guide
Full Plate LIVING

Facilitated Group Program

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

Full Plate LIVING
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 the foundation Ardmore Institute of Health



fullplateliving.org/share