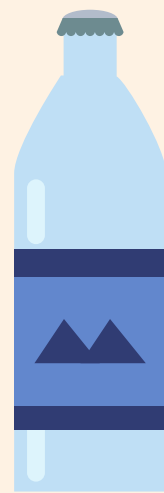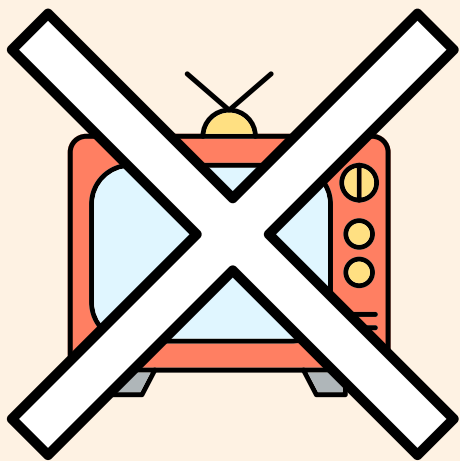# EAT LESS WITHOUT TRACKING CALORIES

Implement high protein and high fiber foods.

Drink water throughout the day. Stay hydrated!

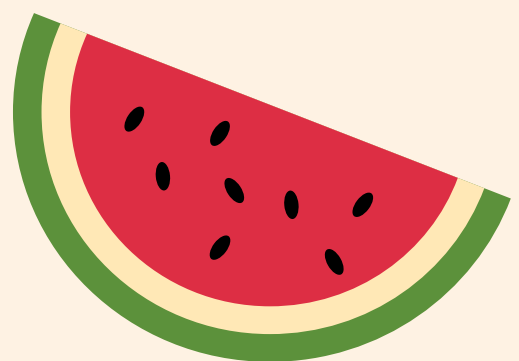Be present while eating. Avoid distractions.

Find ways to keep yourself busy between meals.

Utilize gum and caffine to suppress appetite.

Find foods that fuel your body. Chase health.

Tracking calories is a great tool, but what's more important is creating healthy habits.

KIRA GAUTHIER