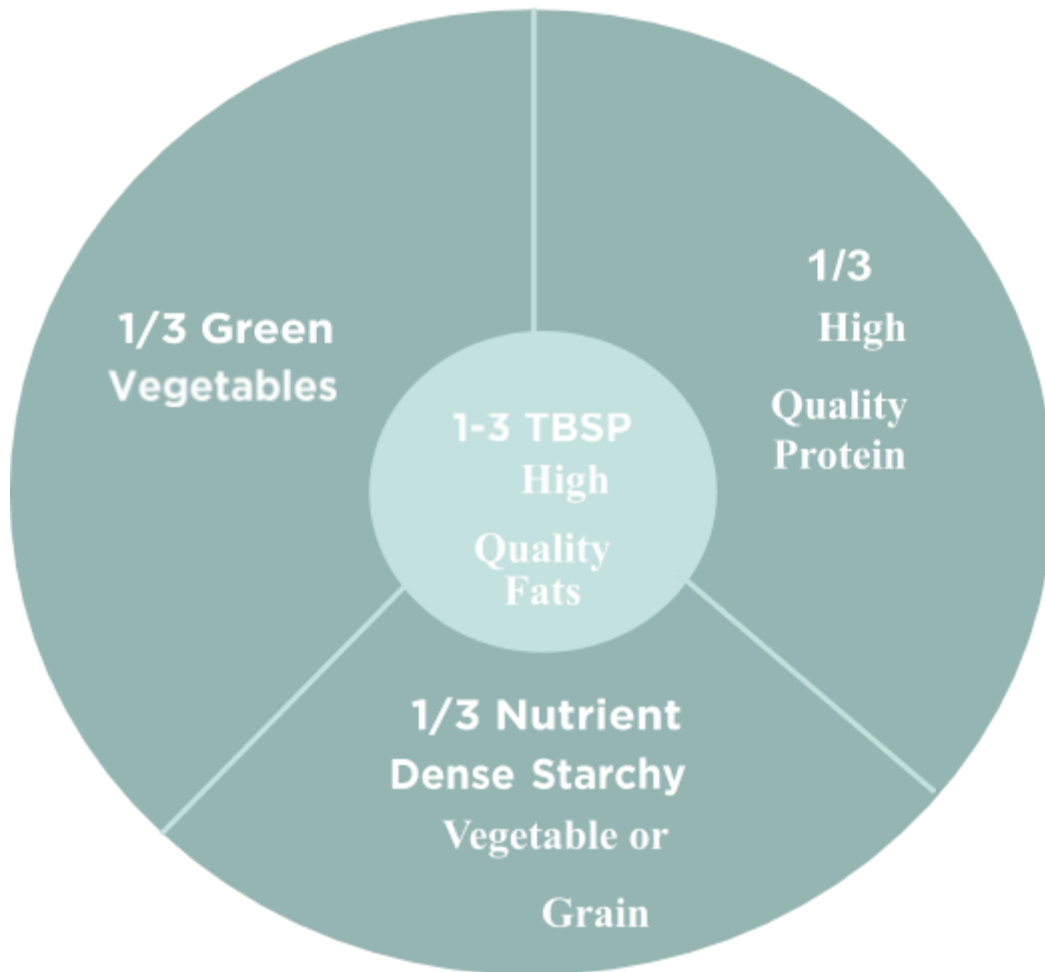




# The Magic Plate

Healthy Meals at a Glance



## Keys to Success:

Flexibility: Allow this template to shift and change according to your body's wisdom.

Animal-based protein: You can measure your protein to match the size of your palm.

Eat until satisfied: Remember to take your time when you eat so you're only 80% full.