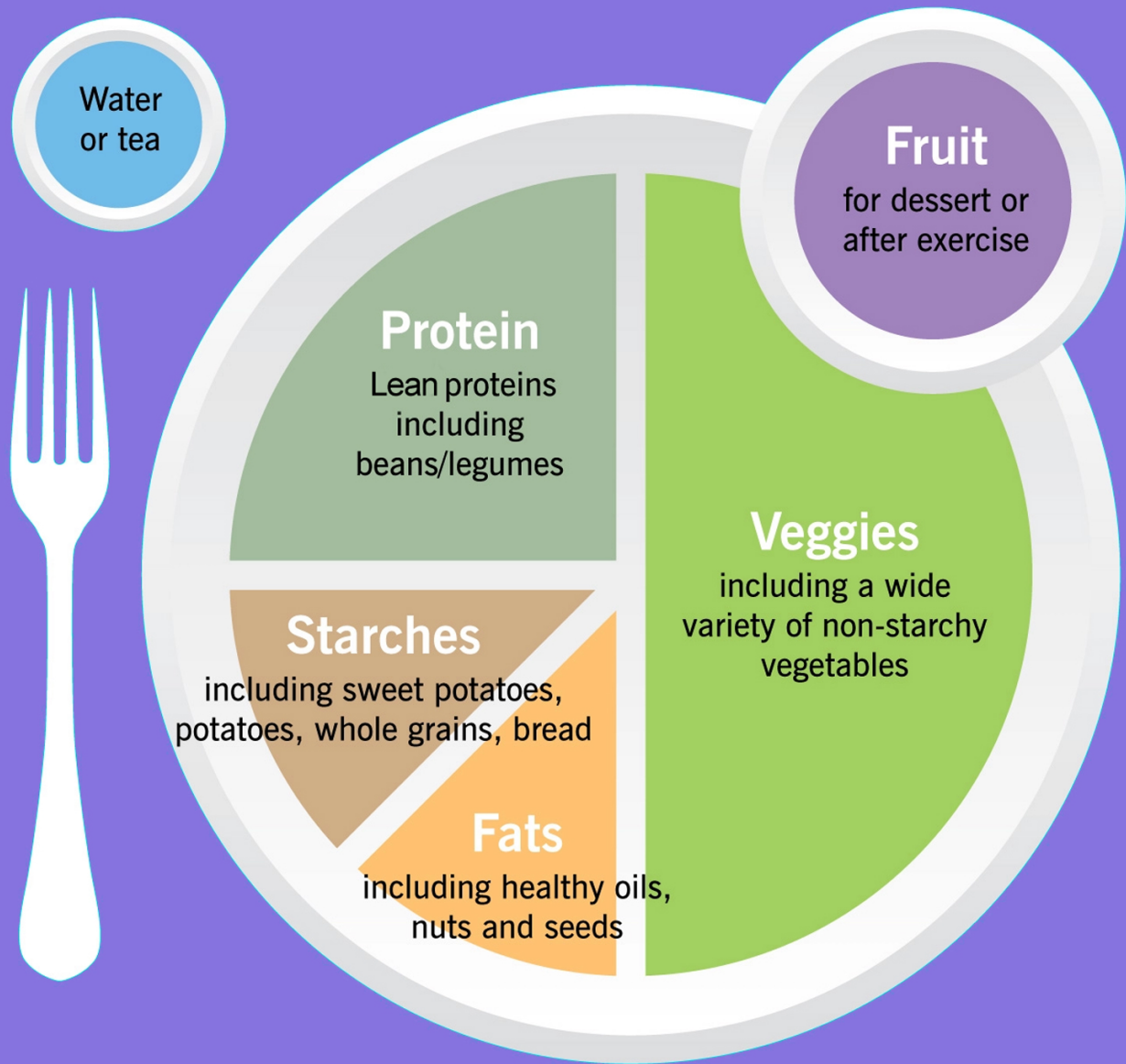


A BETTER FAT LOSS PLATE



- Choose whole foods with minimal processing.
- Choose local, seasonal foods when possible.
- Use a smaller plate than usual.
- For vegetarians, get a B-Complex supplement
- Most important - **BE PREPARED** with your meal plan!