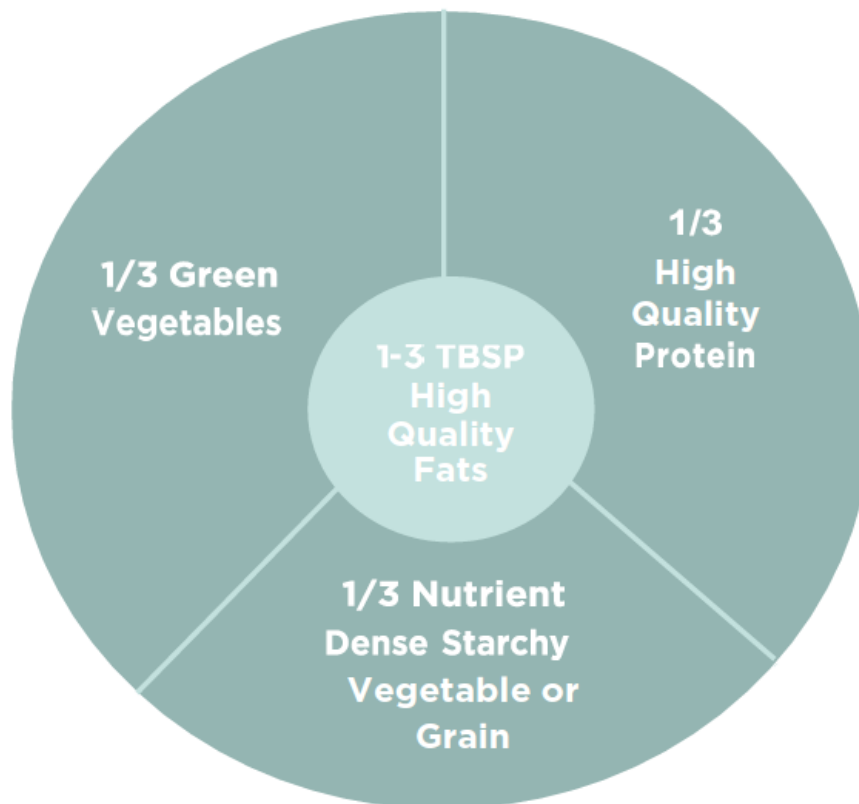




# The Magic Plate

**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.

