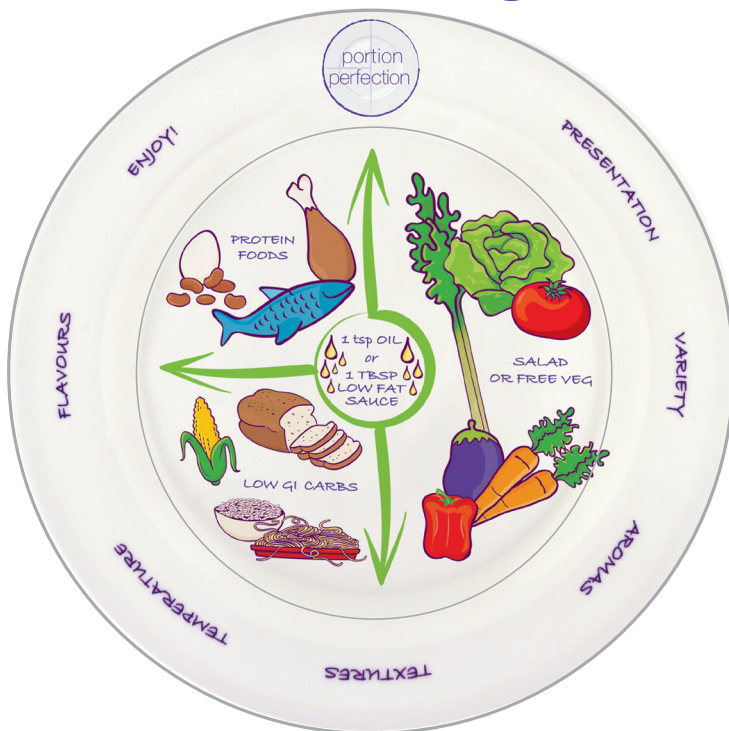


A healthy eating plan



Congratulations!

You're about to take the first step toward painless weight loss. The Portion Perfection Plate is designed by leading dietitian, Amanda Clark, to guide you towards a main meal that is healthy and helps you lose weight.

Try doing this with your own plate tonight:

To serve a meal, simply dish out the listed foods in the quantities shown below. Food should sit approx. $\frac{3}{4}$ inch / 2cm deep in the middle of the plate.

Women aiming to lose weight:

Fill just the base of the plate.

Men aiming to lose weight:

Fill half-way out the border of a standard plate.

Choose from the following foods to fill each section:

Protein Foods

Lean red meat, poultry, fish, egg, tofu, legumes – soybeans, baked beans, lentils, chickpeas, etc.

Low GI Carbohydrates

Sweet potato, peas, corn, basmati rice, pasta, rice noodles, grainy bread, a corn tortilla, couscous, quinoa, freekeh, bulgur, barley or spelt. This segment may also contain occasional amounts of baby potatoes, pita bread, parsnip, pumpkin, polenta or grits, which are all medium GI carbohydrates.

Salad and Free Veg

Alfalfa, artichoke, arugula, asparagus, bamboo shoots, bean sprouts, beets, broccoli, Brussels sprouts, cabbage, peppers, eggplant, green beans, leek, lemon, lettuce, mushrooms, onions, radish, rhubarb, shallots, silverbeet, snow peas, spinach, spring onion, squash, sugar snap peas, rutabaga, swiss chard, tomato, turnip, watercress, water chestnut or zucchini.

Oil / Low-fat sauce

1 tsp of oil or 1 Tbsp of: commercial low-fat dressings, skim milk sauces, low-fat gravy mixes, apple, honey soy, oyster, mint, plum, teriyaki, Worcestershire, chilli, sweet chilli, black bean, lite cheese sauces.

Remember to enjoy your meal. Follow the prompts on the plate border:

Notice the **presentation**, register the **variety**, breathe in the **aromas**, notice the **textures**, experience the **temperature**, savor the **flavor** and **enjoy**.

The plate is a component of the Portion Perfection visual weight control plan. Order online today!



Portion Perfection

Watch our demo video.

Join us on Facebook for healthy eating tips and strategies.



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