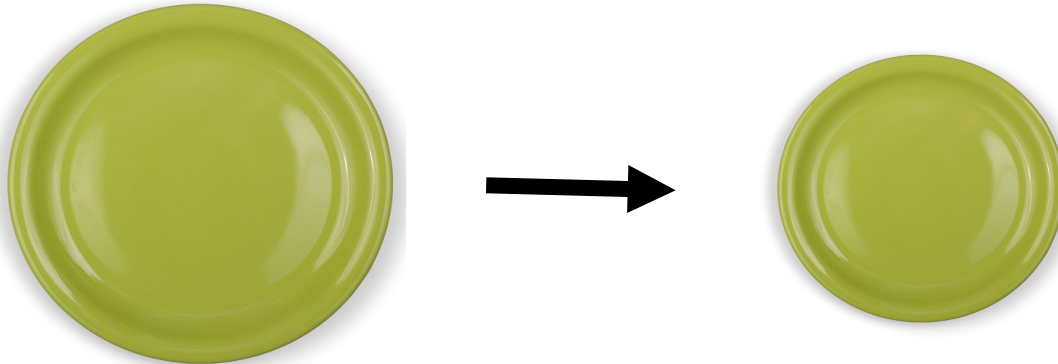


Small Plate Challenge

⇒ Filling a 8” plate rather than a 12” plate for meals reduces calories by 22%!



⇒ Completely filling a small plate and not going back for seconds will reduce your calories without you feeling like you are depriving yourself of food! A full 8” plate feels like more food than the same amount of food on a 12” plate.

