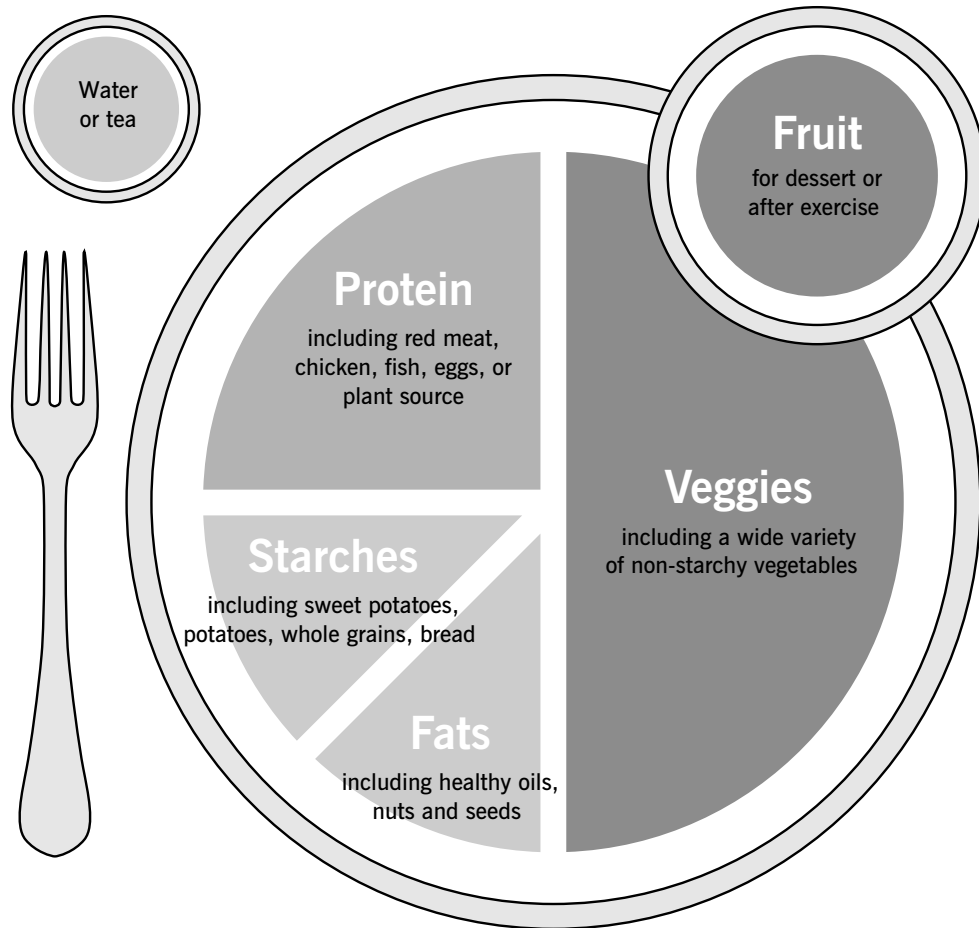


Precision Nutrition Plate

NAME

DATE



- Eat slowly and stop eating when you're 80% full.
- Eat more vegetables than fruit.
- Choose mostly whole foods with minimal processing.
- Choose local or organic foods when possible.
- Use smaller or larger plates based on your own body size.