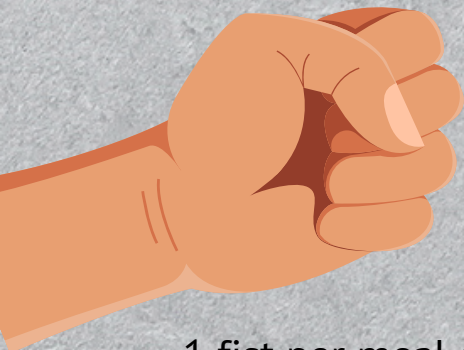


THE MIND PLATE

1 2 fists per meal of
vegetables & fruit:
leafy greens, other
vegetables & berries



1 fist per meal of
carbs like: whole
grains and beans

3



2 1 palm per meal
of protein like:
fish and poultry



4
1-2 thumbs per
meal of fats

