CHECKLIST

→ **DON'T SKIP MEALS OR SAVE CALORIES UP**

→ **MAKE SURE YOU'RE EATING PROTEIN THROUGHOUT THE DAY**

→ **MAKE YOUR LUNCH MEAL HAVE COLOR ON THE PLATE**

→ SURVEY THE SPREAD BEFORE FILLING YOUR PLATE

→ **KEEP UP WITH HYDRATION BEFORE AND DURING**

→ FILL HALF YOUR PLATE WITH COLOR

→ **EAT FROM A PLATE, NOT FROM THE SPREAD**

→ ASK TO BRING HOME LEFTOVERS

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Mark Steyvers

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