

Weight-Loss Tips from The Full Plate Diet

- 1 *Start every meal with high fiber food.*
- 2 *Quit eating when you are no longer hungry, rather than waiting to be full.*
- 3 *Seek Vegetables. They love you unconditionally.*
- 4 *Put the silverware down between bites. Eat slower.*
- 5 *Leave food on your plate. It's okay.*
- 6 *If you're going to snack, pick a high-fiber food.*
- 7 *Fruits are your friends. See them at every meal.*
- 8 *Start a Full Plate Diet Club. Get skinny together.*
- 9 *Create high-fiber meals from restaurant menus.*
- 10 *Calories love weekends. Be careful or they'll sneak up on you.*