

475 (03/07) ©2007 L A Weight Loss Franchise Co.



sports event • concert

tip
card

free
to
LIVE™

healthy tips



- Try to eat a well balanced meal before the event to curb your appetite. During the event, relax and take a break from your everyday routine. Enjoy the game or show!
- Bring along your L A Lites for a satisfying treat.
- Pause before you make a decision that may compromise your weight loss.

	Protein	Veggies	Fruit	Starch	Dairy	Fat
Hot Dog , with bun	1/2			2		2
Soft Pretzel , 1/2 large				2		
Peanuts , honey roasted, 1oz / 30g	1					
Hot Chocolate , 8oz / 250mL				2		
Beer , light, 12oz / 375mL				1		

use foods not on your menu plan in moderation