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formal dining

tip
card



free
to
LIVE™

healthy tips



- Focus on socializing, dancing and enjoying yourself. It will keep your mind busy and less likely to give in to unhealthy food temptations!
- Wear a slim-fitting outfit – it will keep your weight loss efforts top-of-mind.
- Ask for dressings or sauces on the side, so you can choose how much or little goes on your meal.

	Protein	Veggies	Fruit	Starch	Dairy	Fat
French Onion Soup , 1cup / 250mL				1	½	2
Grilled Salmon , 6oz / 180g	2					
Garlic Mashed Potatoes , ½cup / 125mL				1		1
Sorbet , any flavor, ½cup / 125mL			1	1		
Champagne , 3oz / 125mL			1			

use foods not on your menu plan in moderation