



tip  
card

*free*  
to  
**LIVE**<sup>TM</sup>

**get together**



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## healthy tips

- Bring along a healthy, light appetizer or two from the *L A Lite Cookbook*. This way you know there will be snacks for you!
- Focus on how good you look and how great it will feel to get compliments.
- Drink at least 64oz / 2L of water throughout the day.
- Stay focused and aware of your food choices.



	Protein	Veggies	Fruit	Starch	Dairy	Fat
<b>Cheese and Crackers</b> , 6 crackers and 1oz / 30g cheese				1	1	1
<b>Veggies and Dip</b> , 4 pcs. of celery, 6 baby carrots, 1Tbsp vegetable dip		1				1½
<b>Brownie</b> , plain, homemade, 2" / 5cm sq.				1		1
<b>Tortilla Chips &amp; Salsa</b> , 1oz / 30g chips and ¼cup / 50mL salsa				1		1
<b>Wine</b> , 3oz / 75mL			1			

use foods not on your menu plan in moderation