

*free*  
to  
**LIVE**™

tip  
card

mall shopping • llw



## healthy tips



- The Restaurant Guide has fine dining, as well as food court establishments to choose from.
- Going shopping? Why not wear your favorite walking shoes or sneakers. Just walking fast while carrying your bags is a fun way to get a low impact workout.
- Pick out an outfit that you'd love to wear. Once you reach your goal weight go back and buy it!

	Protein	Veggies	Fruit	Starch	Dairy	Fat
<b>Pizza</b> 1 large plain or vegetable slice, pizza shop style, 14" / 35cm	1/2			2		1
<b>Garden Salad</b> , no dressing, 2cups / 500mL		2				
<b>Turkey and Cheese Sandwich</b> , no mayo or spreads	1			3	1	
<b>Fresh Fruit Salad</b> , 6oz / 175mL			1			
<b>Cappuccino</b> , non-fat, no sugar added, 12oz / 375mL					1	

use foods not on your menu plan in moderation