

tip
card

vacation

free
to
LIVE™



healthy tips



- Call ahead to find out about the local restaurants. Ask for websites or phone numbers and see if they have healthy meal options or a “light” menu.
- Sorbets, frozen yogurt or fresh fruit are healthy options for dessert.
- Buy yourself a beautiful new outfit – it just might be enough to keep you aware of your food choices.

	Protein	Veggies	Fruit	Starch	Dairy	Fat
Crabcake , 1 small	½			1		
Filet Mignon , 6oz / 180mL	2					
Roasted Red Potatoes , no oil, ½ cup / 125mL				1		
Pina Colada , ½ cup / 125mL				2		
Italian Ices , any flavor, ½ cup / 125mL				1		

use foods not on your menu plan in moderation