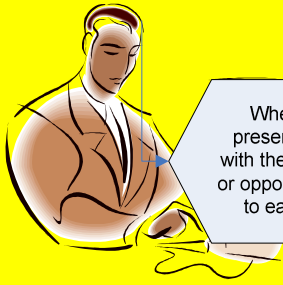
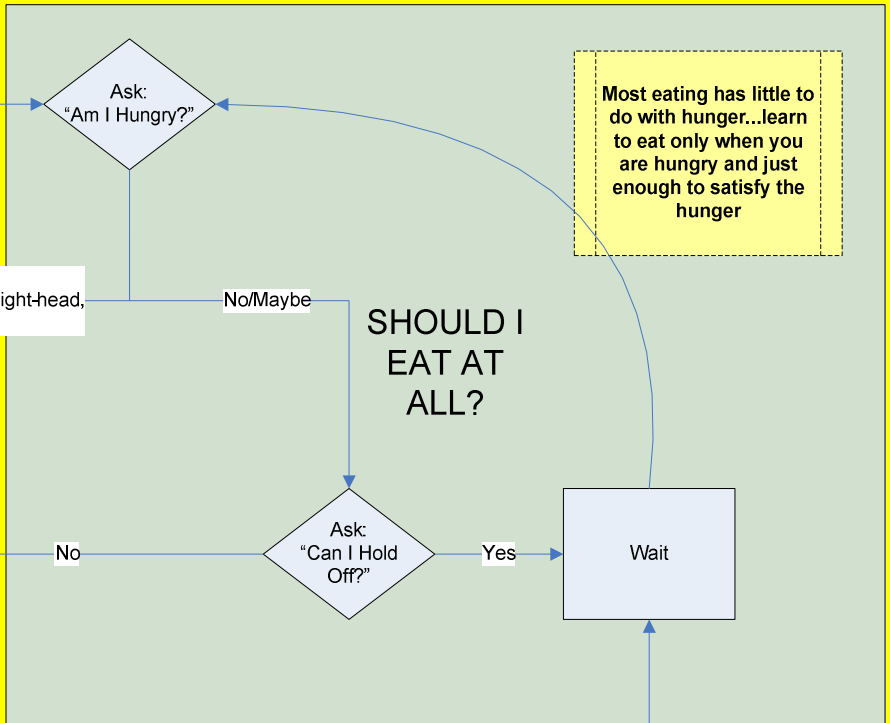


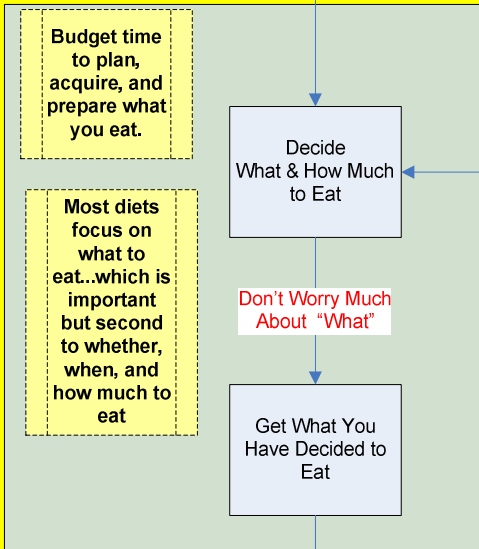
A Plan to: Eat Right for Life or How to "Eat to Live" (and not "Live to Eat")



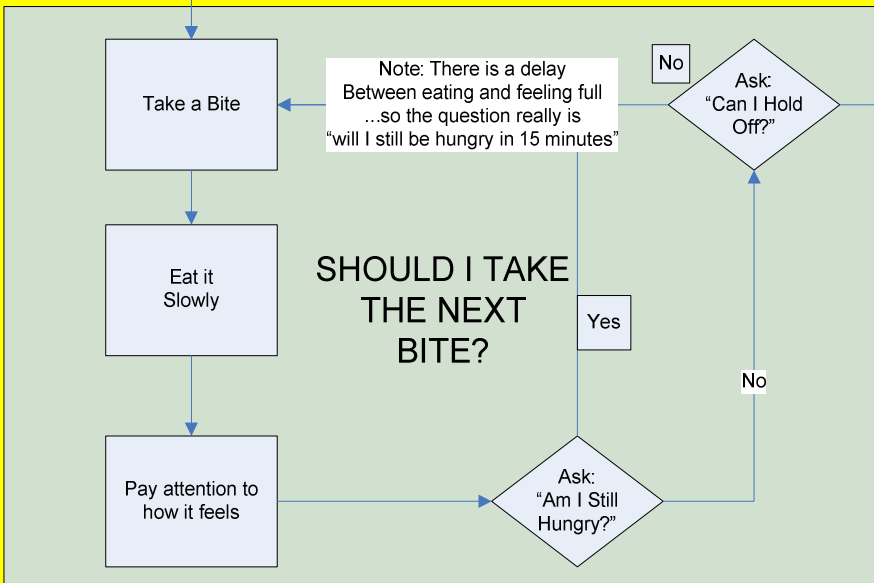
When presented with the urge or opportunity to eat...



Most eating has little to do with hunger...learn to eat only when you are hungry and just enough to satisfy the hunger



The plan is to: "eat a little, burn a little" vs. "starve and gorge"



Yes (Wrap-up and Save for Later)

GOAL: BALANCE...i.e., eat enough to satisfy hunger but not so much as to feel full or stuffed

"If you want to be healthy, observe this regime. do not eat when you have no appetite, and dine lightly, chew well, and whatever you take into you should be well cooked and of simple ingredients..."
Leonardo Da Vinci 1515

Bottom Line:
When hungry, eat slowly, and only until full.