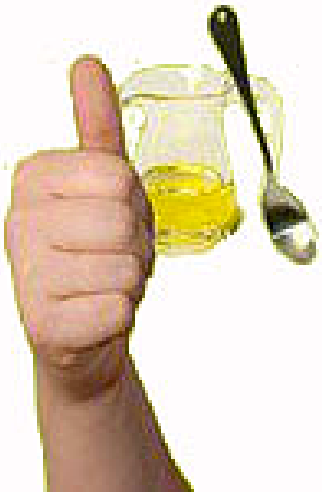
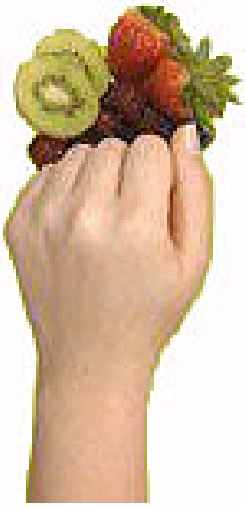
Portion Control Guide

Exercise Portion Control and choose an appropriate macronutrient distribution. (Put this on your fridge!)

Healthy fat



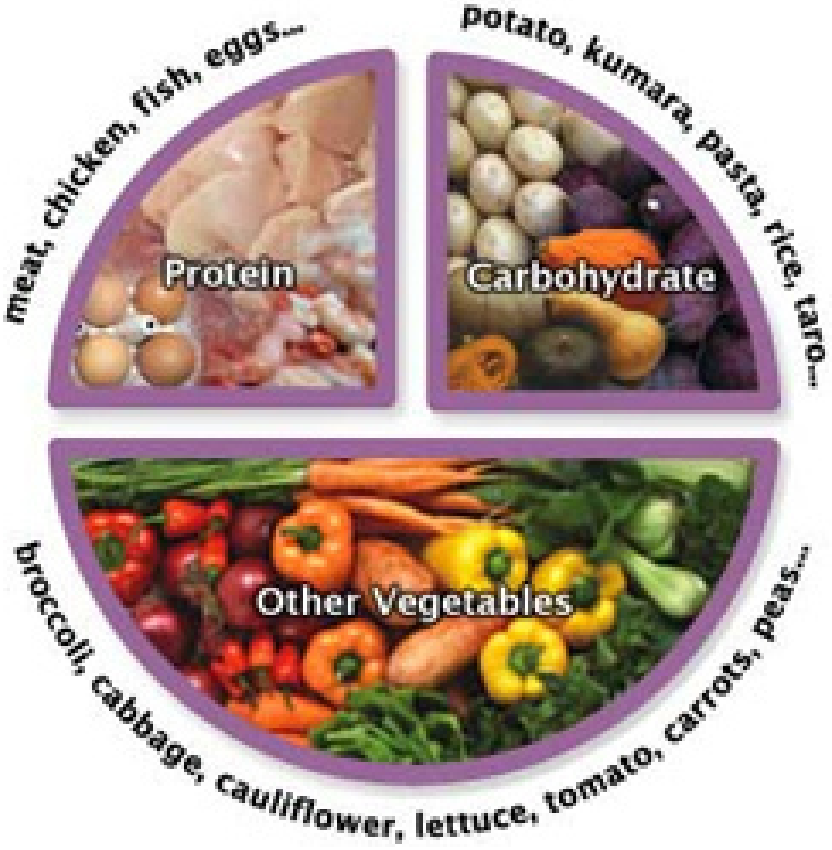
Fruit (carb)



Protein

Starchy Carb

Vegetables



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