



For _____

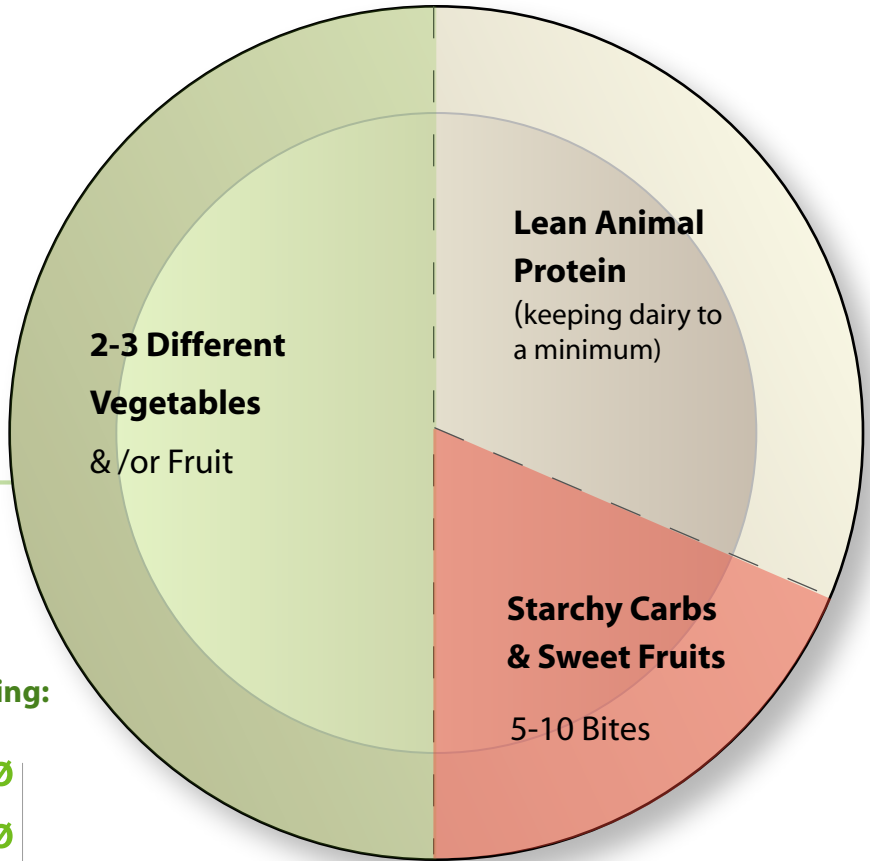
Date _____

2522 Reynolda Road, Winston-Salem, NC 27106

Dr. Jade or Dr. Keoni Teta | Phone: 336 724 4452

The Mixed-Burners Plate

Eat 4-6 Meals Daily



* **Between each meal track the following:**

| | | | | |
|-------------|-------|---|---|---|
| 1. Hunger | ----- | ▼ | ▲ | ∅ |
| 2. Energy | ----- | ▼ | ▲ | ∅ |
| 3. Cravings | ----- | ▼ | ▲ | ∅ |

- ▲ = High or Increased
- ∅ = No Change or Normal
- ▼ = Low or Decreased



ADJUST, USING THIS GUIDE

If Hunger ▲ = ▲ Fiber & ▲ Protein, ▲ H₂O
 If cravings ▲ = ▲ Fiber & ▲ Protein, ▲ Exercise ▲ Sleep,
 If ▼ Energy = Fiber, ▲ Protein, Nutrient Need