



For \_\_\_\_\_

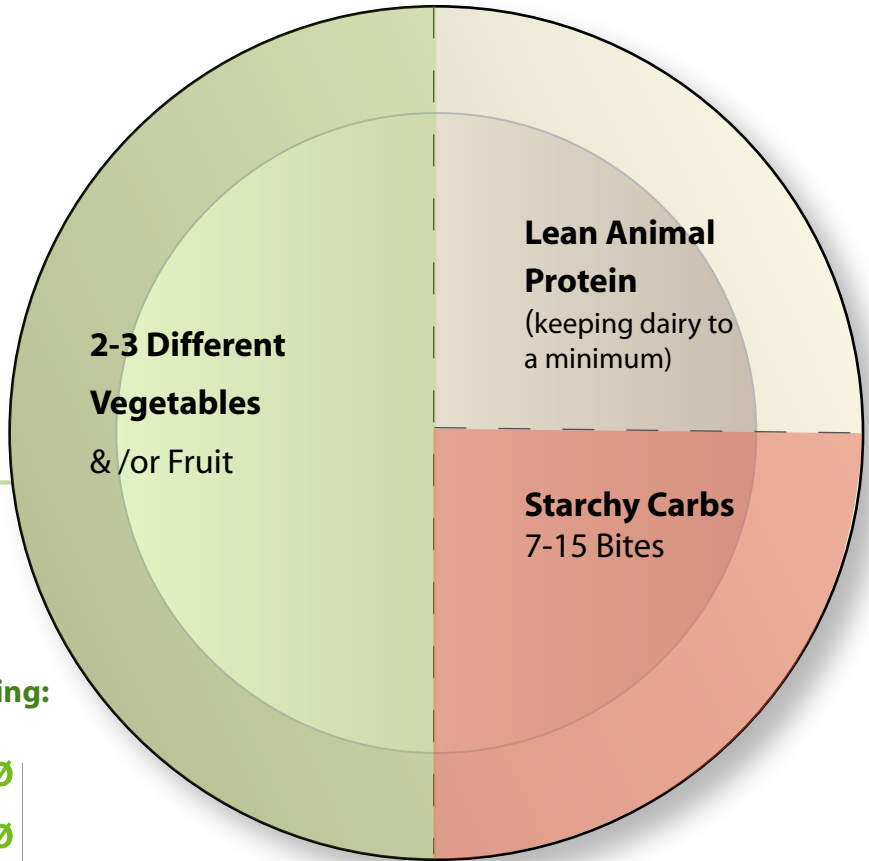
Date \_\_\_\_\_

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## The Muscle-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