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Kitchen Counter Card

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The 7 Diet™

1. Count food by 7's – have FUN!
2. Eat a Balanced Diet - 5 food groups
3. Eat 6-7 small meals a day - not 3 big
4. Limit food to a salad plate or bowl
5. Exercise strenuously + *Habits*
6. Plan & Track your success
7. One day off a week is OKAY!

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