

# 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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