MEDITERRANEAN _IFESTYLE GUIDE

Over 50 years of extensive studies suggest that the Mediterranean diet is directly correlated with good health. The Mediterranean is the only region in the world containing two blue zones—areas of the world where people live measurably longer lives. Research confirms that those on the Mediterranean diet lose 52% more weight than the standard low-fat diet.

MORNING



THREE BURN

PROMOTES THERMOGENESIS



AFTERNOON





EVENING



















FOOD GUIDE GRAINS **VEGGIES FRUITS PROTEINS** DAIRY OTHER

•QUINOA •ALMONDS

•CHICKPEAS

•WHOLE GRAIN

•BULGUR (CRACKED WHEAT)

•BLACK BEANS •I ENTILS •WHOLE GRAIN PASTA •BROWN RICE

•SPINACH •CARROTS •BROCCOLI

•PEAS

•PEPPERS

•GREEN BEANS SWEET POTATO •CORN •KALE



•BANANA •GRAPES •TOMATOES •ORANGES

•BLUEBERRY

·SALMON

•TUNA

•PISTACHIOS •WALNUTS •SHRIMP •CHICKEN •FGGS

•LOW-FAT RICOTTA CHEESE • FETA CHEESE •RICOTTA CHEESE •COTTAGE CHEESE

AVOCADO

•USE DAIRY SPARINGLY •GREEK YOGURT

•PART-SKIM MOZZA-

RELLA CHEESE

•OLIVE OIL •SPICES



ONION LEMON JUICE OLIVE OIL SEASON TO TASTE

HONEY

OATS

NUTS

BANANA

LEMON JUICE

SEASON TO TASTE

SUMAC

SEASON TO TASTE

EGGS

OLIVES

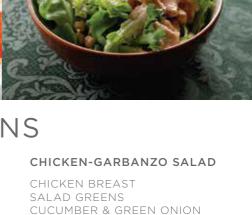
EXTRA-VIRGIN OLIVE OIL SEASON TO TASTE FETA CHEESE (OPTIONAL)

WHOLE WHEAT BREAD









GARBANZO OR CHICKPEAS

GRATED PARMESAN CHEESE

BASIL LEAVES & GARLIC CLOVES

LEMON JUICE

SEASON TO TASTE

OLIVE OIL



MOZZARELLA CHEESE SLICED ONIONS OLIVE OIL ZUCCHINI & TOMATO SEASON TO TASTE



LEMON, ROSEMARY, BASIL

GARLIC CLOVES

ARTICHOKE HEARTS **GREEN OLIVES** SEASON TO TASTE





ACTIVITY

Be physically active.

Take a walk at lunch

instead of staying inside.

PLANTS BASED **PROTEIN**

Eating primarily plant-based

legumes and nuts (1-3) servings

Using herbs and spices instead of salt to flavor foods.

per day.

ed fats, such as

foods, such as whole fruits (1-2) servings a week. (2-4), non-starchy vegetables (4-8), whole grains (4-6), Limiting red meat to no more

Eating fish (2-3) and poultry

than a few times a month.

•For weight control choose fewer servings from each food group for reduced calorie intake. Read what the appropriate size of each serving should be.

and enjoying each other's company. Prepare a meal

friends.

SOCIAL

Enjoy meals with family and

Burn more calories laughing

GRATITUDE

Give gratitude daily.

Write down daily health

goals. Surround yourself

with others who have

the same goals as you.

with each other, using only Replacing butter with unsaturathealthy ingredients. 1 TSP. olive oil or 1/8 of an avocado (4-6) servings per day.

BURN THERMOGENICS



SUSTAIN PROTEIN

SYNC FIBER





Ask the person that shared this infographic with you how you get start your #M3Pledge today!

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. A healthy, successful weight management program includes reduced calorie intake, balanced diet, and regular physical activity. Consult your physician before starting any new diet or exercise program.

M3 PRODUCTS: