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 SLIM

PROMOTES THERMOGENESIS



AFTERNOON



MEDITERRANEAN

EVENING



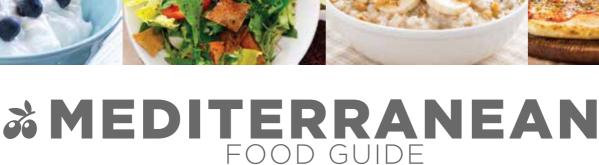














GRAINS **VEGGIES FRUITS PROTEINS** DAIRY OTHER

•APPLES

•OLIVES



•CHICKPEAS

•WHOLE GRAIN •BULGUR (CRACKED WHEAT) •BLACK BEANS •I ENTILS •WHOLE GRAIN

PASTA •BROWN RICE

•CARROTS •BROCCOLI •PEAS •PEPPERS •GREEN BEANS SWEET POTATO •CORN •KALE

•SPINACH

•AVOCADOS •BLUEBERRY •BANANA •GRAPES •TOMATOES •ORANGES

•PISTACHIOS •WALNUTS •SHRIMP •CHICKEN •FGGS

•ALMONDS

·SALMON

•TUNA

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

AVOCADO

•USE DAIRY SPARINGLY •GREEK YOGURT

•PART-SKIM MOZZA-

RELLA CHEESE

•SPICES

•OLIVE OIL



ONION OLIVE OIL SEASON TO TASTE

MEDITERRANEAN OMELETTE

HONEY

BANANA NUT OATMEAL

OATS

NUTS

BANANA

EGGS

OLIVES

LEMON JUICE EXTRA-VIRGIN OLIVE OIL SEASON TO TASTE

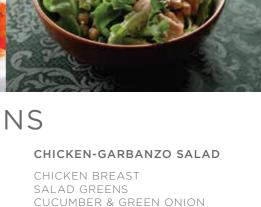
WHOLE WHEAT BREAD

FETA CHEESE (OPTIONAL)

WHOLE WHEAT AVOCADO TOAST









SEASON TO TASTE

EXTRA-VIRGIN OLIVE OIL

DIJON MUSTARD

GRATED PARMESAN CHEESE SEASON TO TASTE

GARBANZO OR CHICKPEAS

BASIL LEAVES & GARLIC CLOVES

LEMON JUICE

OLIVE OIL



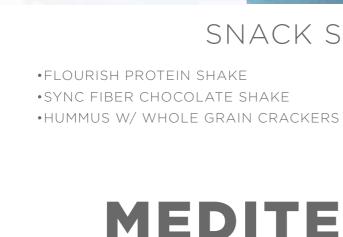
PROTEIN

Eating fish (2-3) and poultry

(1-2) servings a week.

ARTICHOKE HEARTS **GREEN OLIVES** SEASON TO TASTE

SEASON TO TASTE





ACTIVITY

Be physically active.

(2-4), non-starchy vegetables Take a walk at lunch (4-8), whole grains (4-6), Limiting red meat to no more instead of staying inside. Burn more calories laughing legumes and nuts (1-3) servings than a few times a month. and enjoying each other's company. Prepare a meal with each other, using only



avocado (4-6) servings per day.

Using herbs and spices instead of salt to flavor foods.

PLANTS BASED

Eating primarily plant-based

foods, such as whole fruits

per day.

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

healthy ingredients.

SOCIAL

Enjoy meals with family and

friends.

the same goals as you.

GRATITUDE

Give gratitude daily.

Write down daily health

goals. Surround yourself

with others who have



FLOURISH PROTEIN

SYNC FIBER



SLIM THERMOGENICS

M3 PRODUCTS:

MEDITERRANEAN

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.