

# Help Your Kitchen Make You Slim

*complete the*

→ **Slim by Design™** ←

*starter scorecard*

- 1. Salad and vegetables are served and eaten first.
- 2. The main dish is served or pre-plated from the stove or counter.
- 3. Your dinner plates are 9 to 10 inches wide.
- 4. You eat sitting at a table with the TV turned off.
- 5. There are two or fewer cans of soft drinks in your fridge.
- 6. Your kitchen counters are organized (not messy).
- 7. Pre-cut fruit or veggies are on your middle fridge shelf.
- 8. At least 6 single servings of lean protein are in your fridge (eggs, yogurt, string cheese, tofu, etc.).
- 9. All snack foods are kept in one inconvenient cupboard.
- 10. The only food on your counter is a fruit bowl.

**score**

1-6: Push to 7 in 30 days  
7-10: CONGRATULATIONS!

**next**

Check out the 100-point scorecard in "Slim by Design."

