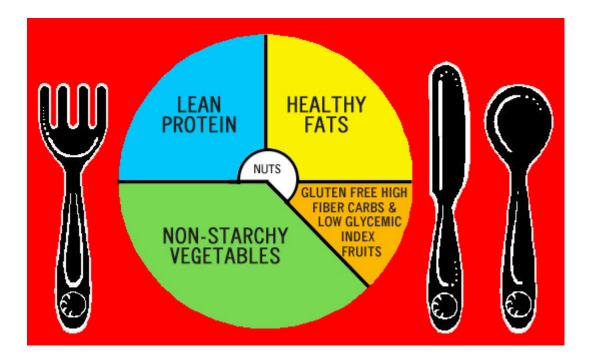


THE PLATE



RULES OF MEAL TIMING

- Eat a substantial breakfast within 1 hour of waking up
- Stop eating three hours before bed (NO, this does not mean going to bed later!)
- Eat every 4-6 hours, which means you will be eating three balanced meals a day plus 1 snack ONLY IF NECESSARY.