

Here's How to Make Health Changes Easier

1

Start Small

Just focus on one meal per day. Try dinner.



2

Use a Cue

Ensure your Portion Perfection plate is positioned so it gets in the way of your usual dinner habit. Consider the top of the plate pile!



3

Make it Attractive

Don't just serve the food attractively but consider planning some interesting dishes for the week. See our recipes for ideas for meals to look forward to.



4

Make it Easy

Put all your ingredients onto your shopping list so you have everything you need or consider meal prepping in advance in the Porti- or Bari- Prepper



5

Use a Reward

Reflect on how good that felt and how you are positively moving in the direction of your goals.



Ref: The Habit Revolution by Dr Gina Cleo