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

- Brown Rice
- Whole Grain Pasta
- Black Beans
- Whole Grain Bread
- Chickpeas
- Quinoa

Using herbs and spices instead of salt to flavor foods.

- One TSP. of olive oil or 1/8 of an avocado (4-6) servings per day.

Replacing butter with unsaturated fats, such as avocado (4-8), whole grains (4-6), eggs (2-4), non-starchy vegetables (4-8), and vegetables (2-4).

Eating primarily plant-based foods, such as whole fruits and vegetables, and including lean proteins.

- Miel
- Plátano
- Avena

As you prepare for your evening meal, sync your digestive track to optimize digestion and curb late-night cravings. Studies show that most people get about a third of the recommended amount of fiber each day. Fiber plays an important role with heart health, weight management, and offers many other benefits.

- Season to taste
- Green Olives
- Artichoke Hearts
- Garlic Cloves

Flourish incorporates elements of the Mediterranean lifestyle like vegetable based proteins and Vitamin D3, while avoiding allergenic milk additives.

- Tuna
- TUNA PASTA W/OLIVES
- MARGHERITA PIZZA
- CAJUN SALMON

A delicious weight management shake to help you curb appetites, reduce daily calories, and give your body the protein it needs to build healthy muscle.

- Mint
- Red Onion
- Cucumber
- Tomato
- Olive Oil
- Pita Bread

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.

*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.

Burn more calories laughing with others who have the same goals as you. Surround yourself with others who have the same goals. Give gratitude daily.

- Season to taste
- Sumac
- Garlic Cloves
- Cilantro
- Parsley

Burn is a science-based thermogenic. This patent pending formula, using the most powerful elements of the Mediterranean lifestyle, is designed to help you and your body burn fat. This unique formula is designed to help you burn fat through a unique combination of nutrients that have been shown to help you burn fat. This unique formula is designed to help you burn fat through a unique combination of nutrients that have been shown to help you burn fat.

Healthy Muscles & Immune System

- Season to taste
- Grated Parmesan Cheese
- Spices
- Herbs
- Olive Oil
- Water

BURN THERMOGENICS

SUSTAIN PROTEIN

SYNC FIBER

MEDITERRANEAN KEY COMPONENTS

MEDITERRANEAN M3 PRODUCTS:

- #M3Pledge today!

Ask the person that shared this infographic with you how you get start your Mediterranean lifestyle guide. Have a Healthy Mind

- GIVE GRATITUDE

The Mediterranean is the only region in the world containing two blue zones—areas of the world with the highest rates of healthy long life expectancy. Over 50 years of extensive studies suggest that the Mediterranean diet is directly correlated with good health. The Mediterranean diet is a heart healthy diet consisting of foods from the Mediterranean lifestyle. The Mediterranean lifestyle diet is a heart healthy diet consisting of foods from the Mediterranean lifestyle. The Mediterranean lifestyle diet is more than just a heart healthy diet. The Mediterranean lifestyle diet is more than just a heart healthy diet. The Mediterranean lifestyle diet is more than just a heart healthy diet. The Mediterranean lifestyle diet is more than just a heart healthy diet. The Mediterranean lifestyle diet is more than just a heart healthy diet. The Mediterranean lifestyle diet is more than just a heart healthy diet. The Mediterranean lifestyle diet is more than just a heart healthy diet. The Mediterranean lifestyle diet is more than just a heart healthy diet.

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