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| **It's the small things that count!** |

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| Did you know the plate that you choose can determine the amount of food you consume? Colors, shapes, and sizes are very important when it comes to your diet. The average plate size in the US is 12 inches, increasing from 9 inches a few decades ago. In Europe, their plate size has remained 9 inches.Do you remember when you could Supersize your meals at fast-food restaurants? Many of these things are not thought about when your eyes are bigger than your stomach. Here are some ways to reduce your portions to ensure your calorie intake is where it needs to be.1. Drink water before a meal: Studies show that people who drink two glasses of water before a meal eats 22% less. (NIH)
2. Eat Mindfully: Distractions and eating fast makes it difficult for the brain to determine whether you are hungry or full. Slow down and give your meal your full attention.
3. Dark chocolate: Bitterness helps decrease your appetite. I cannot tell you how great the 72% cacao chunks are.
4. Exercise: Train Like Cain! The link is below to join the family.
5. Eat on a smaller plate and use a bigger fork.

Hopefully, these things help you with your portion control. Discipline within your mind, body, and soul is salient to obtain your goals. Continue to reach for them! If you would like to learn more about meal prep click on the icon below. It's a great step toward a healthier journey.  |

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| Is eating healthy cheap or expensive? Watch this video then take the quiz below to be entered for a prize! |

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| [**Click here to take a quiz and win a prize!**](https://app.involve.me/trainlikecainfitness/how-to-shop-cheap-and-eat-healthy-quiz) |

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| **Mission**"Train Like Cain Fitness will educate and allow others to sustain physical and mental health. T. L. C. aspires to inspire others to be the best version of themselves. Through nutrition and physical fitness, Train Like Cain Fitness promotes the enlightenment of how to preserve youthful years."Thanks,-Justin Cain |

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