

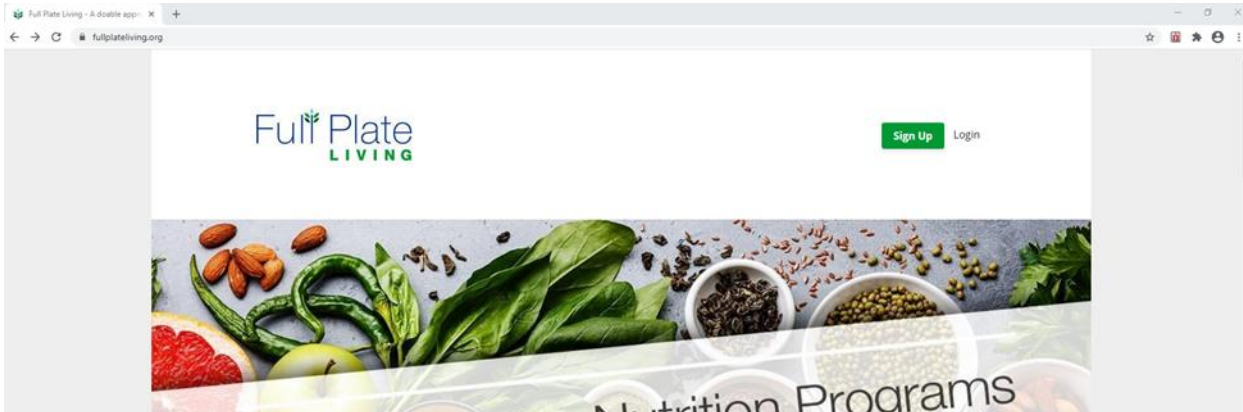


Full Plate Weight Loss Program

Step by Step Screenshots of how to enroll in the program.

Re-Imagine dieting with the Full Plate Weight Loss Program. Feel self-confident, energetic and in-control again.

1. Visit <https://www.fullplateliving.org/> to get started.



2. Scroll down, *Start Today for Free, Really.*

Membership available to everyone at **no cost.**

Start Today for Free, Really

3. Sign up for free and create your account.

No Charge

Full Name

Email Address

Create Password

Confirm Password

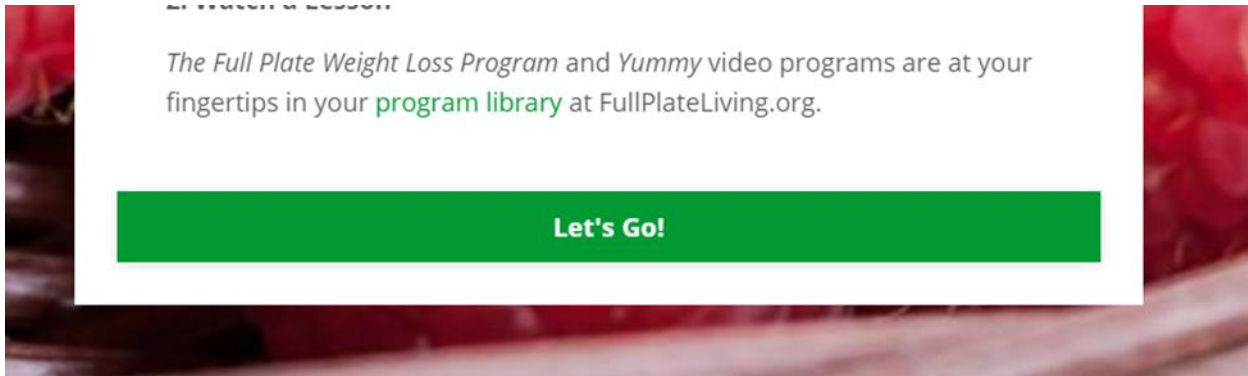
Subscribe to our email list.

I have read and agree to the terms and conditions of this page as follows:

I have read and agree to Ardmore Institute of Health's Terms of Service, Privacy Policy and Cookie Policy as detailed in the links below.

Sign up for free

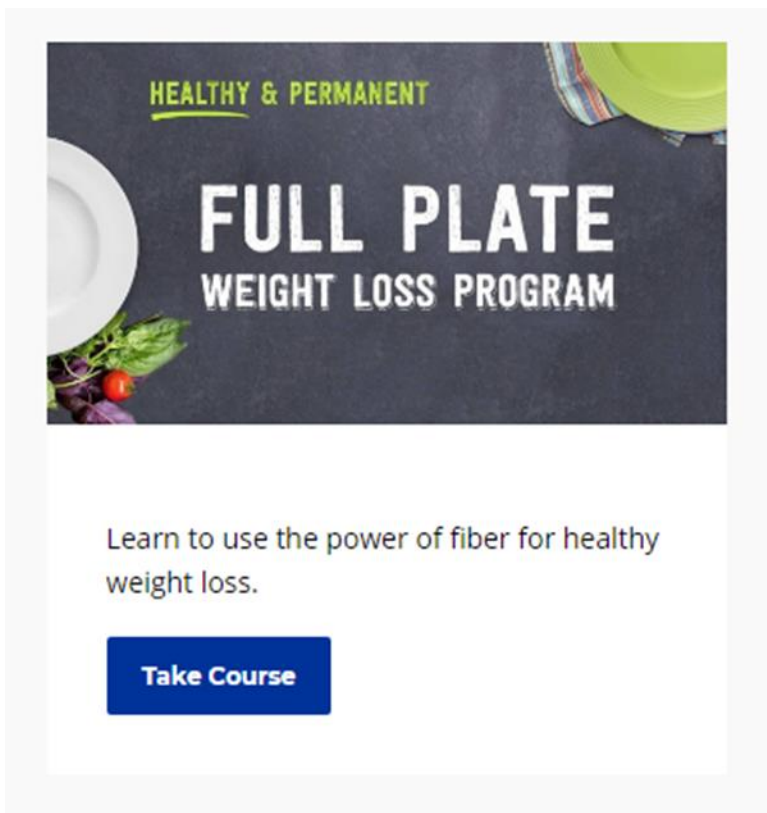
4. Let's go!



The Full Plate Weight Loss Program and Yummy video programs are at your fingertips in your [program library](#) at FullPlateLiving.org.

[Let's Go!](#)

5. Take Full Plate Weight Loss Program Course.



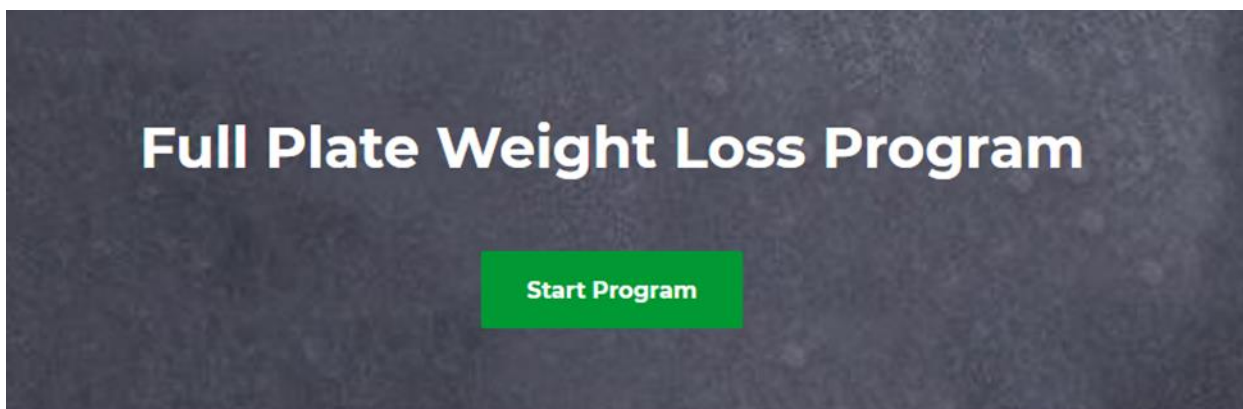
HEALTHY & PERMANENT

FULL PLATE WEIGHT LOSS PROGRAM

Learn to use the power of fiber for healthy weight loss.

[Take Course](#)

6. Time to get started with the Program.



Full Plate Weight Loss Program

[Start Program](#)