

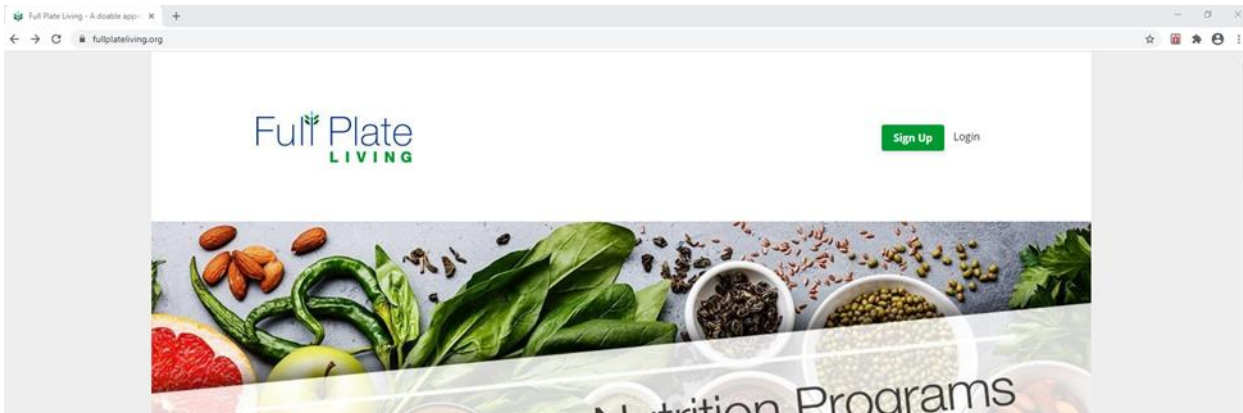


Yummy – Menu Makeover Course

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

Yummy is a weekly guide for transforming your regular menu into a weight loss menu filled with delicious Full Plate meals.

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

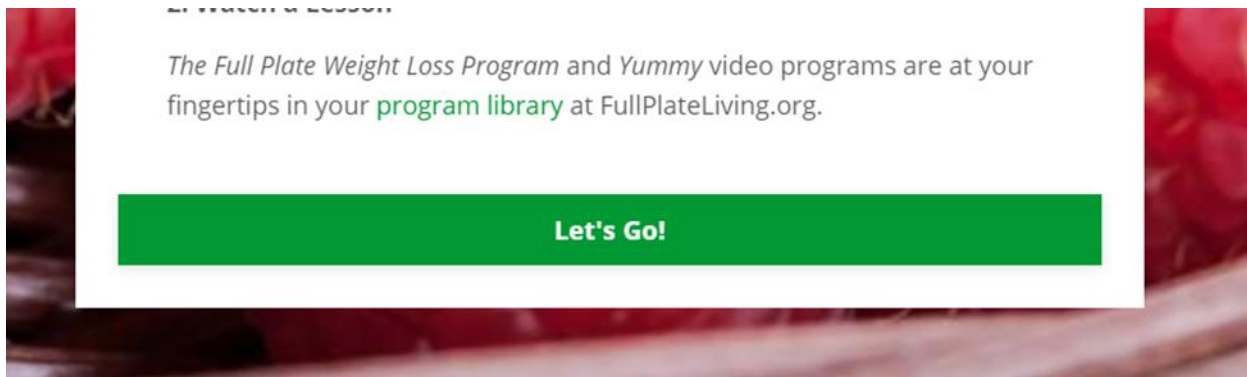
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I have read and agree to Ardmore Institute of Health's Terms of Service, Privacy Policy and Cookie Policy as detailed in the links below.

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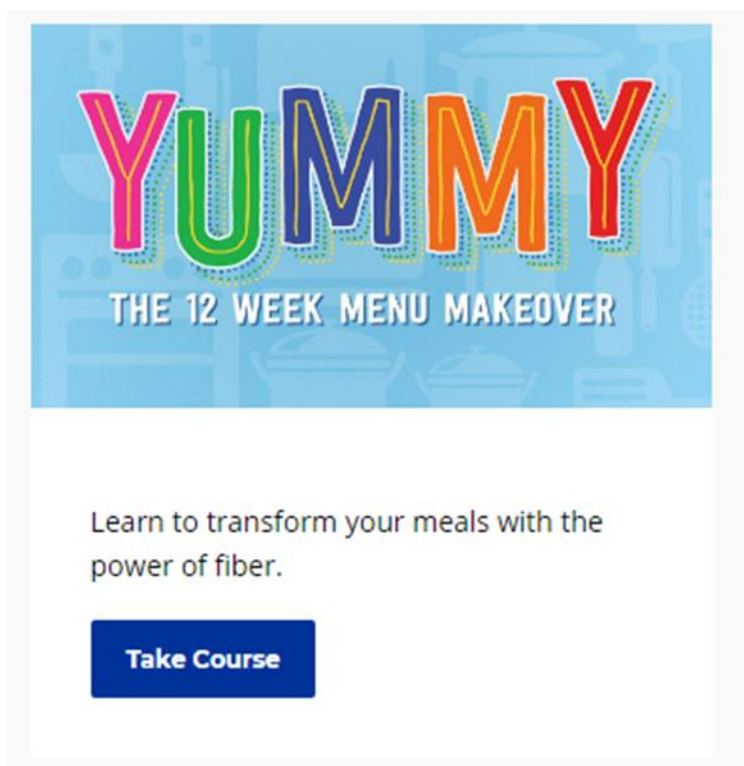
4. Let's go!



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 Yummy Menu Makeover



YUMMY
THE 12 WEEK MENU MAKEOVER

Learn to transform your meals with the power of fiber.

Take Course

6. Time to get started with the Program.



Start Course