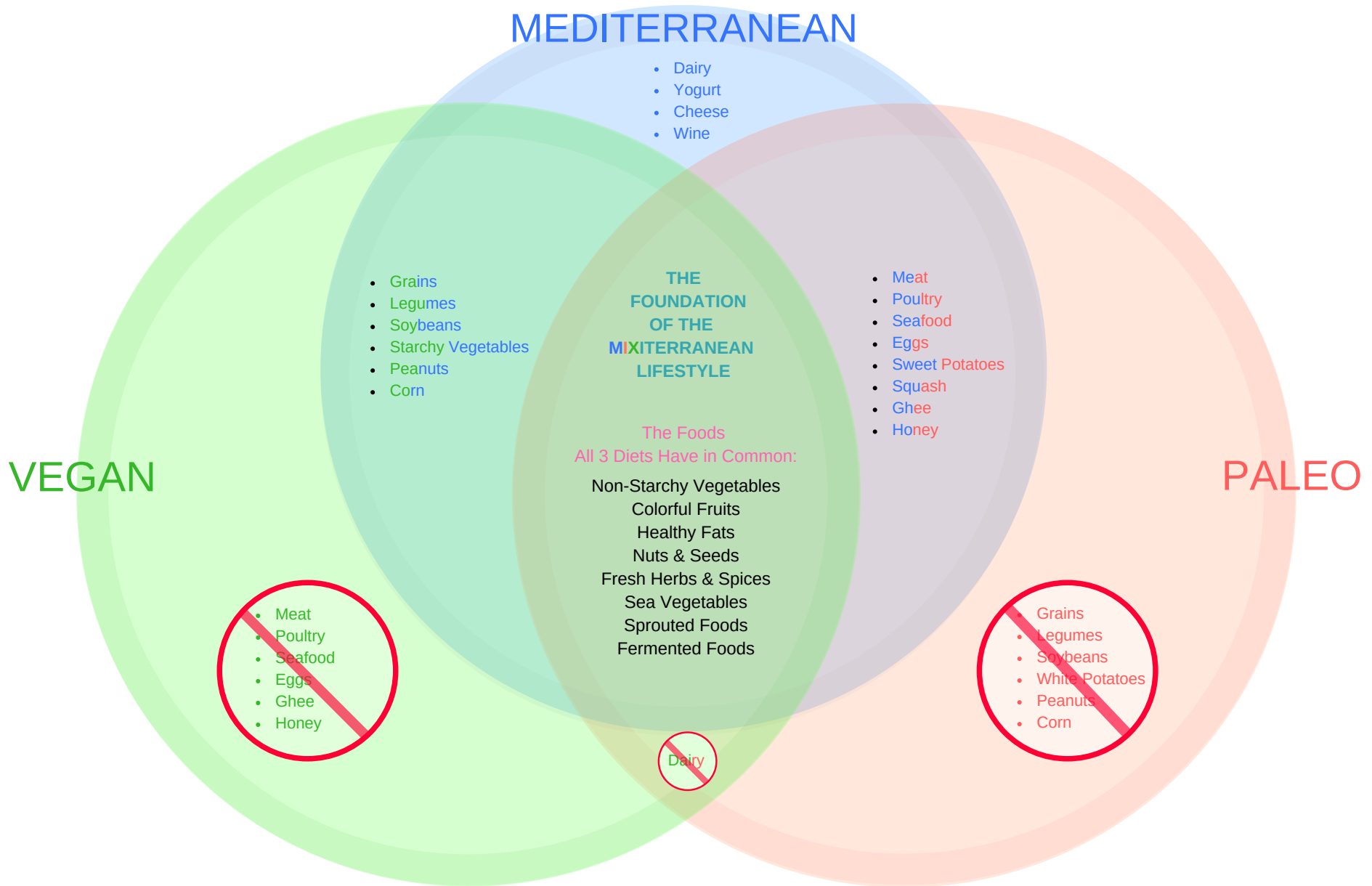


THE MIXITERRANEAN™ LIFESTYLE CHEAT SHEET



THE MIXITERRANEAN LIFESTYLE: A diverse and flexible way of eating that encourages you to mix-and-match the *Vegan*, *Mediterranean*, and *Paleo* diets in your own unique way. It focuses on eating foods that all three diets have in common—in the center of the diagram—as a foundation. From there, you can "lean out" towards any one of the three diets at any time—for a meal, a day, a week, or any interchangeable way you'd like. This eating style gives you the freedom to explore and experiment by mixing and matching the three diets to create a personalized eating plan that supports your unique biochemistry, taste preferences, and current health goals. As a *Mixiterranean*, you never have to worry about going off your diet again!