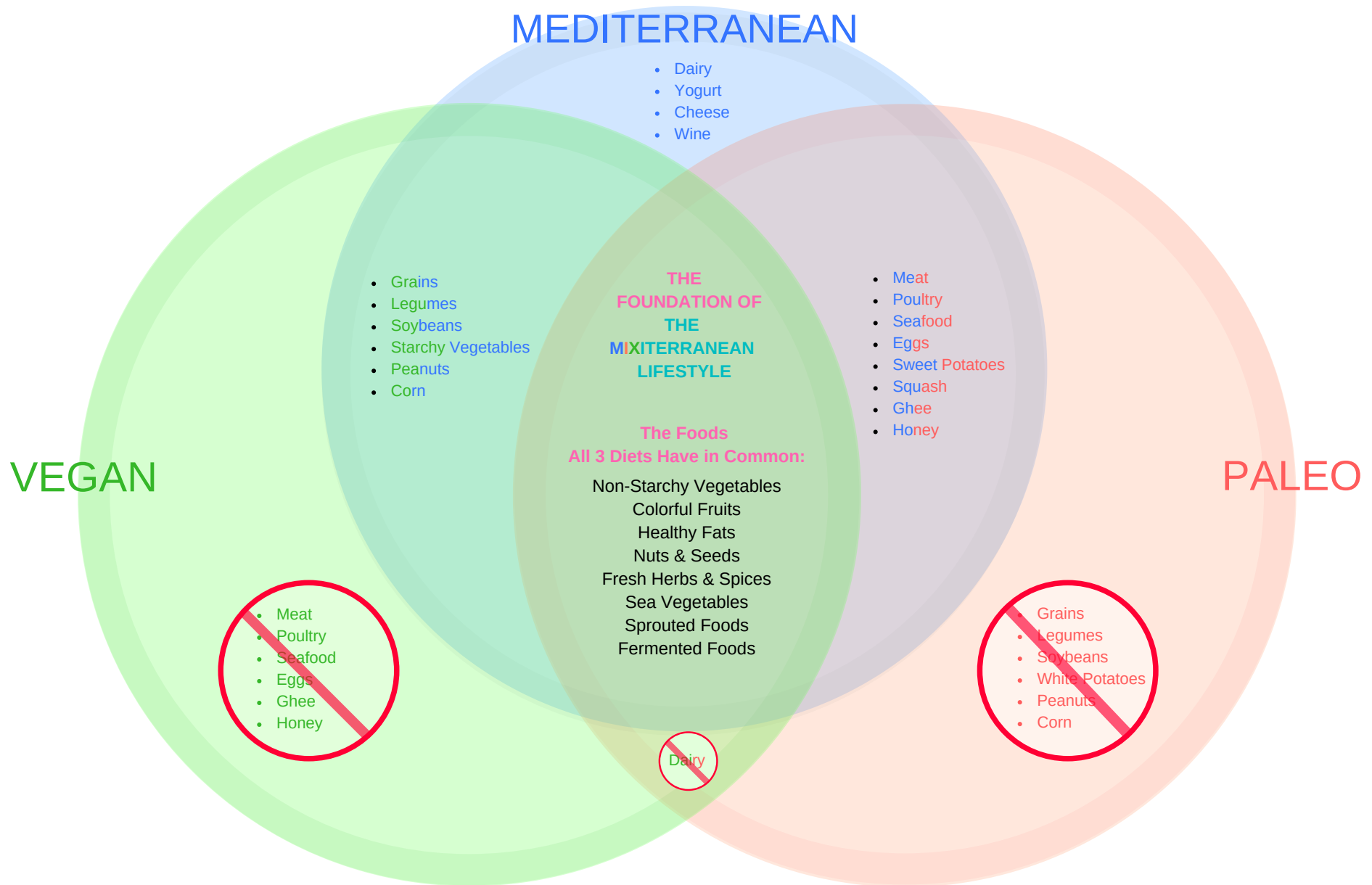


THE MIXITERRANEAN™ LIFESTYLE CHEAT SHEET



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 in the center of the diagram as the foundation—foods that all three diets have in common. 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!