



MEAL MANAGEMENT KIT

THE IDEAL CONTAINERS TO HELP YOU EAT RIGHT & STAY FIT!



MEASUREMENT MARKINGS TO CONTROL PORTIONS

COLOR CODED LIDS COORDINATE WITH FOOD PLATE

FUEL YOUR BODY ALL DAY LONG



- (2) 1 CUPS FOR VEGETABLES ● (2) 1 CUPS FOR FRUITS ● (1) 1 CUP FOR GRAINS ● (1) 1 CUP FOR PROTEIN
- (2) LUNCH P.O.DS FOR A COMPLETE MEAL ● (2) HALF CUPS FOR DAIRY ● (1) DRESSING DISPENSER



MEAL MANAGEMENT

USE THE JAXX® MEAL MANAGEMENT KIT EVERYDAY, TO ENSURE THAT YOU INCLUDE ALL THE BASIC FOOD GROUPS IN THE PERFECT PORTION SIZE. OUR EASY TO USE COLOR CODED SMART PORTION® CONTAINERS HELP YOU PACK HEALTHIER, BALANCED MEALS, AND GET YOU ON YOUR WAY TO A BETTER YOU.



MEAL MANAGEMENT KIT

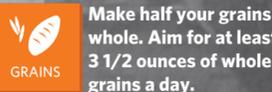
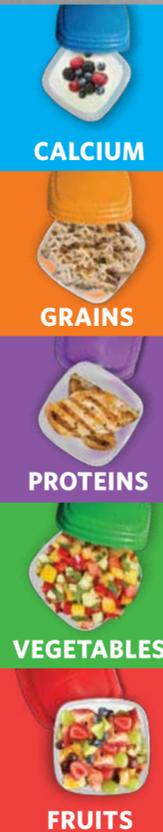
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SMART PORTIONS® TO FUEL YOUR ACTIVE LIFESTYLE
AN EASY WAY TO STAY FIT AND HEALTHY



FUEL YOUR BODY



Make half your grains whole. Aim for at least 3 1/2 ounces of whole grains a day.



Eat a variety of veggies. Choose whole or cut-up. Aim for dark green, red & starchy veggies.



Select fat-free or low-fat yogurt and cheese, or try calcium-fortified soy products.



Eat a variety of fruit. Choose whole or cut-up. Fruits more often than fruit juice.



Twice a week, make seafood the protein on your plate. Vary your protein routine with beans, peas, nuts & seeds. Keep meat & poultry portions small & lean

11 SMART PORTION® CONTAINERS

BPA FREE

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