

Is your meal nutritious?



Hi Body SMARTER's. Use this chart in conjunction with your nutrition course documents. Access your course documents at <https://www.iomefitness.com/body-smart-course-content/>

Wonderful! You're on the right track. Keep up the good work. You have had a balanced meal which is nutritionally dense. All you need to do now is make sure you monitor those portion sizes. (See portion control doc)

