



Core Program



Learn how to eat enough fiber so you can:

- Have more energy and stamina
- Lose weight
- Reduce diabetes risk
- Sleep better
- Avoid diverticulitis
- Reduce risk of heart attack
- Control your blood sugar
- Protect kidney health
- Feel good again

Sure, you could figure out how to eat enough fiber on your own. But it's so much more doable with an experienced guide!

We believe now, more than ever, it's important to actively make choices that improve health. Therefore, the Ardmore Institute of Health provides Full Plate Living as a free service to everyone.

Included for Free

Recipes - Instant access to delicious recipes so you won't feel rushed or stuck.

Full Plate Living Programs - Get a boost on health and weight loss by learning how to add fiber at your very next meal.

Live Workshops - Lifestyle Medicine experts cover other pillars of health topics.

Private Community - A private Community support group where you can get your questions answered and connect with others.

Weekly Tips & Updates - Get curated recipes, tips, and upcoming event announcements in your inbox each week.

Join for free at fullplateliving.org



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