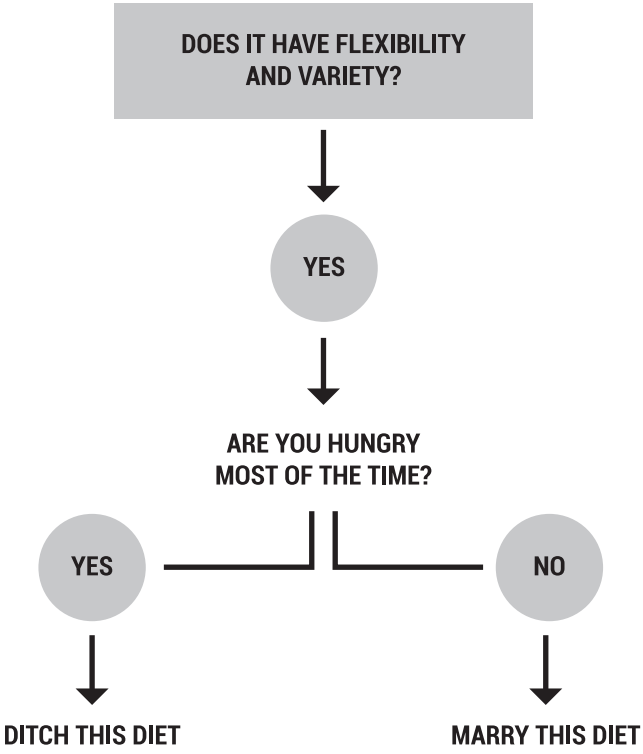
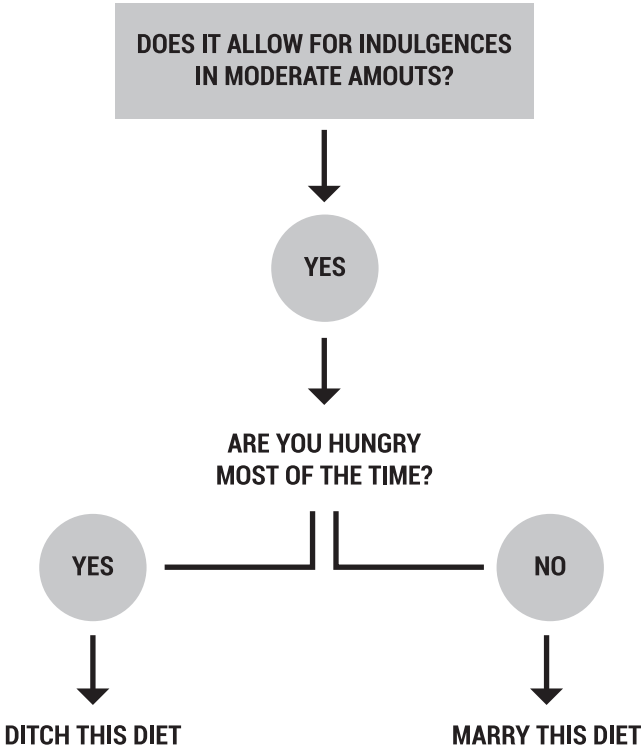
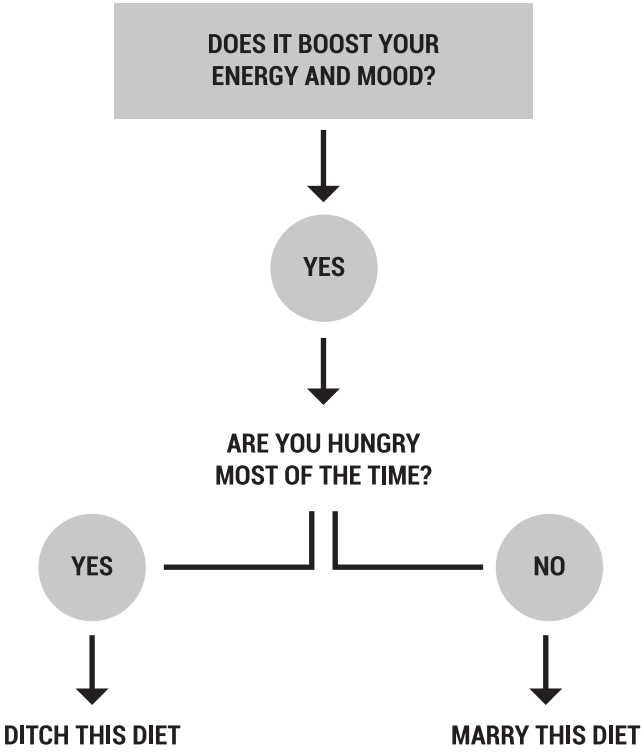

DOES IT HAVE FLEXIBILITY AND VARIETY?
YES
ARE YOU HUNGRY MOST OF THE TIME?
YES
NO
DITCH THIS DIET
MARRY THIS DIET


DOES IT ALLOW FOR INDULGENCES IN MODERATE AMOUTS?
YES
ARE YOU HUNGRY MOST OF THE TIME?
YES
NO
DITCH THIS DIET
MARRY THIS DIET


DOES IT BOOST YOUR ENERGY AND MOOD?
YES
ARE YOU HUNGRY MOST OF THE TIME?
YES
NO
DITCH THIS DIET
MARRY THIS DIET