

Livliga, the first and only patented concept in Portion Control Dishes utilizing the VisualQs philosophy.



Right-sized meal on a typical American dinner plate.



Right-sized meal on a Livliga dinner plate.

Portion Control

Made beautiful, easy-to-use, and affordable

The servings on each of these plates were specifically measured, and weigh the same. Yet, the plate on the right appears to have more food on it, signaling the brain that it should be more filling and satisfying. This is the magic of Livliga and the VisualQs philosophy.