

Date _____
 Weight _____
 Exercise _____
 Blood Sugar _____

Goals / Motives _____
 Action Steps _____

BREAKFAST

Beverage

Snack

LUNCH

Beverage

Snack

DINNER

Beverage

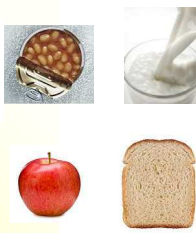
Carb Veg Protein Fat fiber Water

Think moderation... not deprivation. Think sustainable lifestyle... not dieting. Instead of focusing on calories... think about how food makes you feel. Foods should leave you feeling light, refreshed, and energized... not heavy, dull, sleepy, & lethargic.

Carbs

☐ = 15g (net) carbs

- ☐ ☐ ☐ Dairy
- ☐ ☐ ☐ Beans
- ☐ ☐ ☐ Fruit
- ☐ ☐ ☐ Grain
- ☐ ☐ ☐ Sugars



Fats

☐ = 5g Fats

Animal

- ☐ Raw Milk
- ☐ Cream
- ☐ Butter
- ☐ Cheese
- ☐ Meats
- ☐ Eggs
- ☐ Oily Fish
- ☐ Fish Oil Supp.

Vegetable

- ☐ EVOO
- ☐ EVCO
- ☐ Nuts & Seeds
- ☐ Nut Butter
- ☐ Avacado
- ☐ Guacamole
- ☐ Fresh Olives
- ☐ Palm Oil

Extras

Daily: 50 Calories Dark Chocolate (1 sq.)
 Daily: 100 Calories Dry Red Wine (4-5 oz)
 Weekly: 150 Calories EXTRA
 Monthly: 250 Calories EXTRA

There is almost nothing you can't enjoy—
 it's a matter of quality, quantity, & frequency.
 Moderation is the key for carbs & fats
 as well as treats & alcohol.

TOOLS: FJ Pages / Hunger Scale / Bathroom Scale / Food Scale / Measuring Cups & Spoons

TRACKERS: Weight / Cholesterol / Triglycerides / Blood Sugar

1 Carb = 15g (net)	Eat 1 from each category (not interchangeable) Unburned carbs get stored as fat therefore let weight & trig's & blood sugar show if you can afford more)	C	C	C	C	(C)	(C)	(C)	(C)
1 Veg = 1/2 C	UNLIMITED 1 veg for every carb (minimum)	V	V	V	V	V	V	V	V
1 Protein = 7g	ALMOST UNLIMITED Lean, clean protein & eggs	P	P	P	P	P	P	P	P
1 Fat = 5g	Find your SWEET SPOT! Not too many & not too few	F	F	F	F	F	F	F	F
1 Water = 8 oz	UNLIMITED	W	W	W	W	W	W	W	W
1 fiber = 1g	UNLIMITED Make sure to get enough water along with the fiber	f	f	f	f	f	f	f	f

1 serving bean = 7g fiber	2 serving bean = 14g fiber
1 serving fruit = 3g fiber	1 serving fruit = 3g fiber
1 serving whole grain = 3g fiber	1 serving whole grain = 3g fiber
6 serving veg's = 12g fiber	5 serving veg's = 10g fiber
25g fiber	30g fiber

most women	most men	athletes
------------	----------	----------

1	2	3	4	5	6	7	8	9	10
weak / shaky	uncomfortably hungry / ravenous	hungry but not uncomfortable	slightly hungry	not hungry	satisfied	full / slightly	too full / very	bloated / must	nauseate
sick / faint	vulnerable to make unwise choices	stomach growling	1st realization of hunger	but could eat	comfortable	uncomfortable	uncomfortable	loosen clothing	vomiting