

# PROTOCOL CREATION

*Here are tools for you to use in your protocol creation. Remember, I am not a nutritionist or a dietitian creating a food plan for your health. This protocol will work with your body's hunger scale to help you stop overeating permanently. We will create this plan together and revisit it weekly. If it is followed, your overeating will end, and you will achieve your weight goal.*

*You can decide which tools to use and how you would like to include them.*

---

## TOOLS FOR PROTOCOL

---

1. No Sugar, No Flour.
2. Meals – no snacking
3. Food Sheet
4. Fasting
5. Joy Eating
6. Exceptions
7. Cycling
8. Committing and Planning
9. Journaling
10. Weighing Daily



# PROTOCOL CREATION QUESTIONS

1. Are you willing to commit to no sugar and no flour for the days of your normal protocol?  
Why or why not?

2. Are you willing to commit meals and no snacks? ( \_\_\_\_\_ )  
How many meals will you have per day? ( \_\_\_\_\_ )  
What will you include at each meal (in general)?

- How many vegetables? ( \_\_\_\_\_ )
- How much fat? ( \_\_\_\_\_ )
- How much protein? ( \_\_\_\_\_ )
- How much grain? ( \_\_\_\_\_ )

3. Are you willing to create fuel food sheet?

4. Are you willing to try some fasting as part of your protocol? What would you like to commit to doing?



# PROTOCOL CREATION QUESTIONS

5. Are you willing to do one joy eat a week? Are you clear on the rules of one hour and preplanning 24 hours in advance?
  
6. Will you want to create exceptions? How often and why?
  
7. Would you like to try some nutrient cycle as a way of overcoming plateaus and homeostasis? What would you like to experiment with?
  
8. Are you willing to plan your meals a day ahead and then commit to eating what you planned?
  
9. Are you willing to write down everything you eat, including joy eats and the food eaten on exceptions days?
  
10. Are you willing to weigh yourself every day?

