

FOOD LIST RESOURCE IDEAS

This is your one-page food sheet.

Make a list of all the foods you want to eat and put them on this sheet. This will simplify your eating. You will eat only what is on this list and only what isn't during a joy eat or an exception.

As you learn more about how certain foods work for you, you can add and remove items from this list.

VEGETABLES

Pick one or specify all:

- I will eat _____ servings per day
- I will eat _____ servings with meal 1
- I will eat _____ servings with meal 2
- I will eat _____ servings with meal 3

List vegetables here:



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RESOURCE IDEAS

FAT

- I will eat _____ servings per day

List fats here:

FRUIT, GRAINS, BEANS & STARCHY FOODS

Pick one or specify all:

- I will limit to _____ servings per day
- I will eat _____ servings with meal 1
- I will eat _____ servings with meal 2
- I will eat _____ servings with meal 3

List starch here:

PROTEIN

- I will eat _____ servings per day
- I will eat _____ servings with meal 1
- I will eat _____ servings with meal 2
- I will eat _____ servings with meal 3

List proteins here:

