

PROTOCOL CREATION

Below are the tools I have included in the video for you to use in your protocol creation.

Remember, I am not a nutritionist or a dietician creating a food plan for your health.

*We are creating a protocol that will work with your body's hunger scale
to create a protocol that will stop overeating permanently.*

*This will be a protocol we will create together and revisit weekly
to end overeating and get you to your goal weight.*

*You get to decide which tools you would like to use and
in which way you would like to include them.*

TOOLS FOR CREATION

1.	No Sugar. No Flour	6.	Exceptions
2.	Meals-No Snacking	7.	Cycling
3.	Food Sheet	8.	Committing & Planning
4.	Fasting	9.	Journaling
5.	Joy Eating	10.	Weighing Daily



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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 to meals and no snacks?

How many meals will you have per day?

For each of these meals, what will you include at each of them (in general)?

How many vegetables?

How much fat?

How much protein?

How much grain?

3. Are you willing to create a food fuel sheet and then only eat what is not that sheet and nothing else?

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



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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 cycling as a way of overcoming plateaus and homeostasis? What would you like to experiment with?

8. Are you willing to plan your meals the day ahead and then commit to eating what have you planned?

9. Are you willing to write down everything you eat including joy eats and on exception days?

10. Are you willing to weigh yourself every day?



MY PROTOCOL

A large empty rectangular box intended for writing a protocol.

