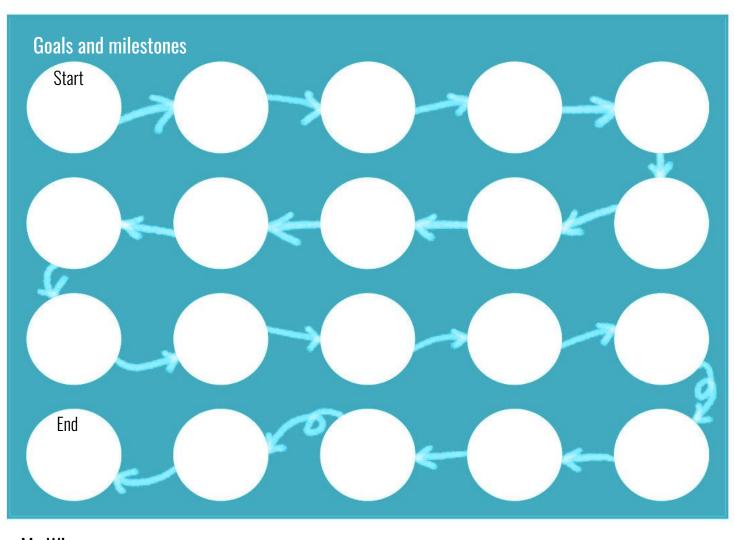
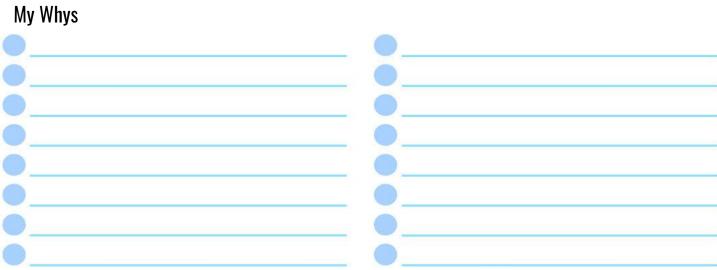
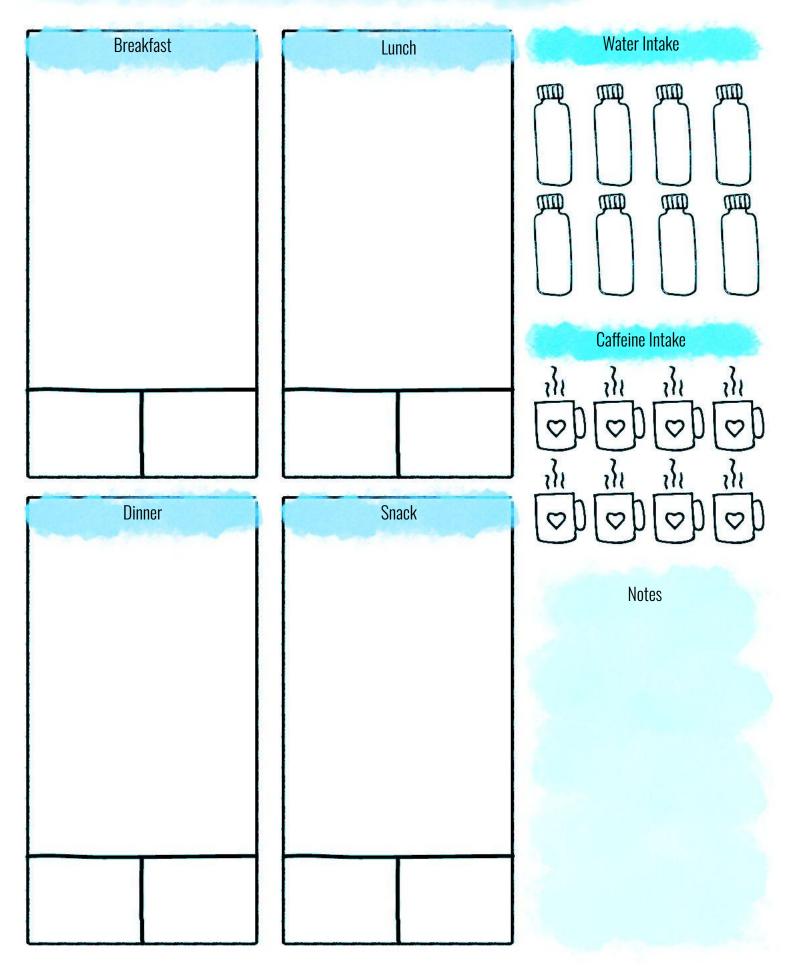
# Eat Smarter

#### Goals and Reasons





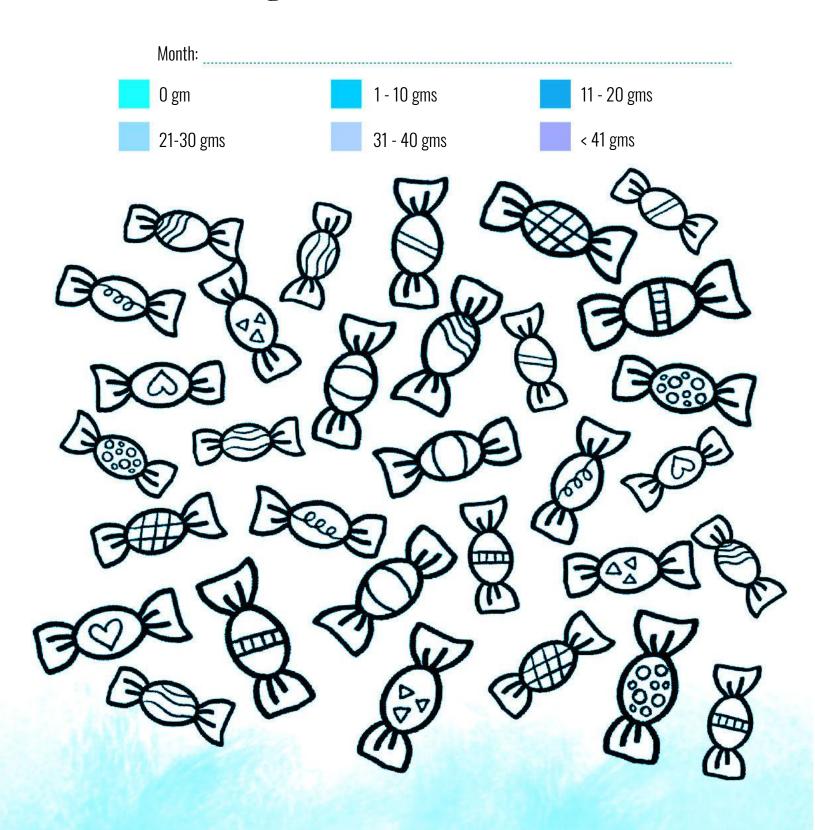
#### Daily Food Log



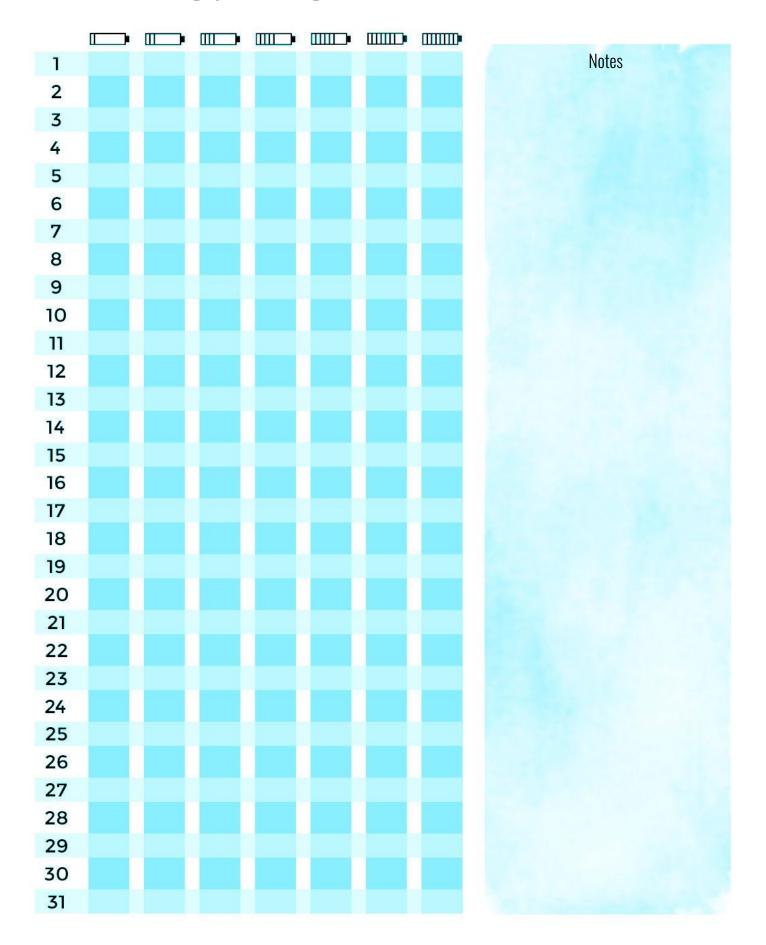
#### This week's menu

	Shopping list
Saturday	
Friday	
Thursday	
Wednesday	
Tuesday	
Monday	
Sunday	

#### Sugar Intake Tracker



## Energy Log





# Not That



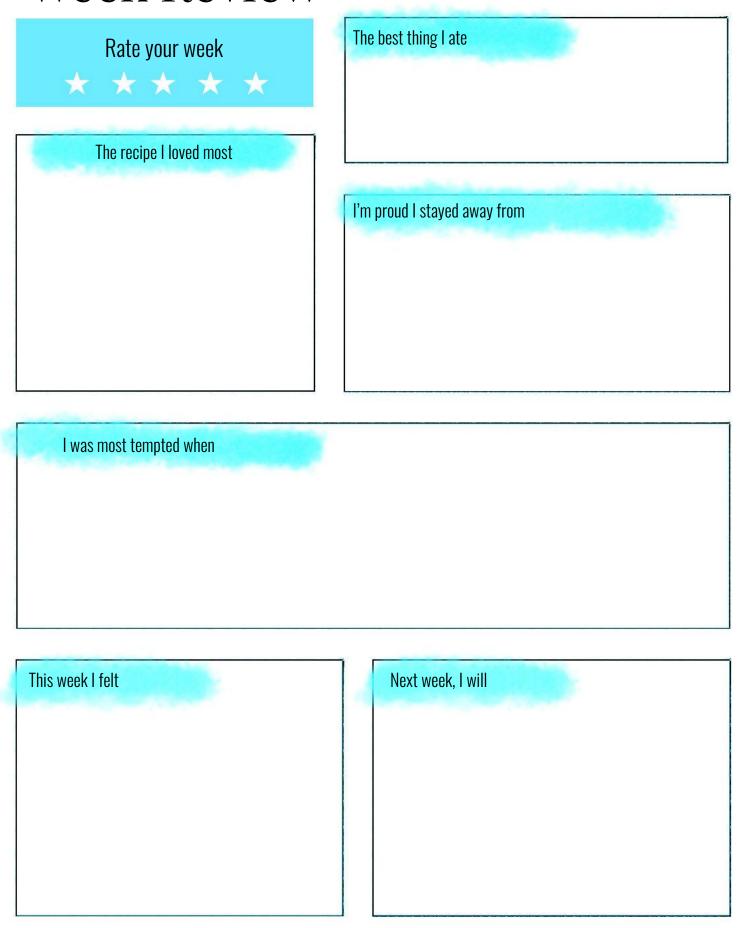
Breakfast

Lunch

Dinner



#### Week Review



#### Eating Out Plan

General plan

What to eat	What to avoid
When I'm at: Order this	Stay away from
When I'm at: Order this	Stay away from
When I'm at: Order this	Stay away from

#### **Food Substitutes**

Food	Substitute

#### Go To Recipes

Recipe	Recipe
You'll need	You'll need
Make it	Make it
Recipe	Recine
Recipe You'll need	Recipe You'll need
You'll need	You'll need
You'll need	You'll need
You'll need	You'll need

#### Party Eating Plan

Bring a dish that you can dig into

Keep moving. Even 20 minutes a day is good

Don't go hungry. Snack or eat a mini meal before.

Move and stay away from the buffet table

Enjoy the company. Not the food

Take part in the conversation. Eat slowly

Ask for a glass of water as soon as you get there.

Fill your plate only once.

Take a bite if you need to be polite. Just don't finish it.

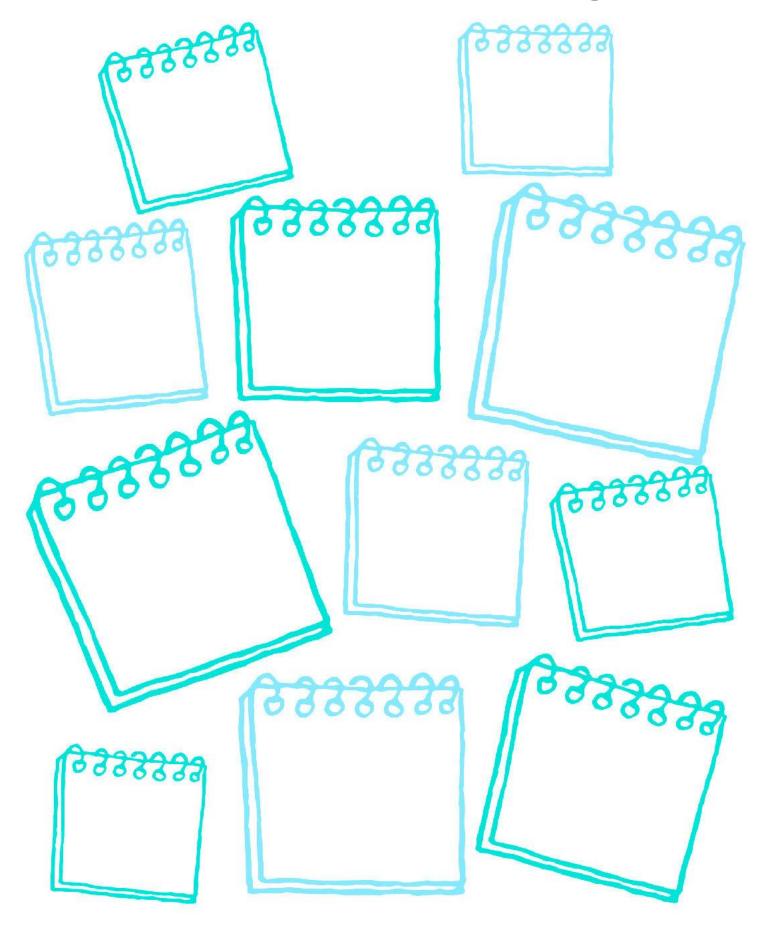
Make your own plate. Serve yourself.

If possible, choose a smaller plate.

Watch your drinks. Stay away from sweet mixed drinks.

Eat the good foods on your plate first.

#### Instead of Snacking



# Fasting Tracker

Today is: Fasting time Eating time	,
06:00	
07:00	
08:00	
09:00	
10:00	
11:00	
12:00	
01:00	
02:00	
03:00	
04:00	
05:00	
06:00	
07:00	
08:00	
09:00	
10:00	
11:00	
12:00	

### Rewards List

Non-food reward ideas	

#### Rewards Tracker

Collect:  Reward:	\$ \$	* *	\$ \$	\$ \$	* * *	
Collect:  Reward:	\$ \$	* \$ \$	\$ \$	\$ \$	* \$ \$	
Collect:  Reward:	\$ \$	* *	\$ \$	\$ \$	* \$ \$	
		* * *	\$ \$	\$ \$	* * *	
Collect:  Reward:	ME MG ME M	*****		\$ \$	* \$ \$	
Collect:  Reward:	\$ \$	* * *		\$ \$	* \$ \$	

	friday		
month of:	thursday		
	wednesday		
ox Plan	tuesday		
Lunch Box Plan	monday		

#### Lunch Box Ideas

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#### Grocery Price Log

Unit Price
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	Date	Item	Brand	Size	Price	Unit Price
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#### Freezer Inventory

Item	Date	Quantity