### Personal Food & Fitness Diary: Sugar Solution Food Plan

**Date:** Mon. Tues. Wed. Thurs. Fri. Sat. Sun.

<table>
<thead>
<tr>
<th><strong>Breakfast</strong></th>
<th><strong>Lunch</strong></th>
<th><strong>Dinner</strong></th>
<th><strong>4pm Snack</strong></th>
<th><strong>Water (16 oz.)</strong></th>
<th><strong>Daily Totals</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>• 7-10gm fiber&lt;br&gt;• Water and lemon when first wake up&lt;br&gt;• 1 cup non-starchy vegetables&lt;br&gt;• 3-6 oz. of protein</td>
<td>• 7-10gm fiber&lt;br&gt;• Water (16 oz.) an hour before meal&lt;br&gt;• 2+ cups non-starchy vegetables&lt;br&gt;• 3-6 oz. of protein</td>
<td>• 7-10gm fiber&lt;br&gt;• Water (16 oz.) an hour before meal&lt;br&gt;• 2+ cups non-starchy vegetables&lt;br&gt;• 3-6 oz. of protein</td>
<td>• 5gm fiber&lt;br&gt;• Water (16 oz.)&lt;br&gt;• Fiber+protein+fat</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Daily Totals**

<table>
<thead>
<tr>
<th>Carb Load: Carb – Fiber = Carb Load: 10-15gm/mo&lt;br&gt;meal &amp; &lt;45gm/day</th>
<th>Carb Load:</th>
<th>Carb Load:</th>
<th>Carb Load:</th>
<th>Carb Load:</th>
<th>Carb Load:</th>
</tr>
</thead>
</table>

**To identify your weight loss SET POINT:** Weigh yourself. Then, for one week add your daily carb load and divide by 7 to learn your average carb load. Weigh again 1 week later. Did you gain/lose/maintain? Adjust carb load accordingly. Do not go below 30-35gm carb load a day.

**On the Advanced Plan:** Make your plate 75% non-starchy vegetables and 25% lean protein; have ½ cup of berries/day. Skip grains and starchy vegetables for 6 weeks.

---

**My Personal Fitness Goals:**

__________ minutes of activity per day.

(Suggested 15-40 min/day)

**Daily Servings:**

- **Fruit:** ½ cup, 1 to 2 times per day.
- **Vegetables:** 5 or more cups of a non-starchy vegetable, ½ cup beans or ½ cup sweet potato (starchy vegetable) 1 time per day.
- **Protein:** 3-6 oz. per meal. Palm-sized meat/fish/poultry, 1-2 eggs, 1 oz. nuts or ½ cup beans.
- **Fiber:** 25-40gm per day.
- **Carb load:** Less than 45-50gm per day.
- **Can have:** Coconut/almond/rice/hemp/flax milk (avoid carrageenan).

**Avoid:** White sugar, white flour, white rice, white pasta & white potato.

**Drink:** 80-100 oz. of water daily.