

Welcome To...

The Stubborn Fat Loss Solution... For Supermoms

Discover The Hormonal, Genetic & Lifestyle Secrets
To Burning Fat, Controlling Appetite and Eliminating Your Cravings...

Food Type Journal

*If there is not an amount or serving size specified, then eat as much that will satisfy you. This is particularly true for the proteins and vegetables.

Please note how you feel 30 minutes after your meal. Circle which best describes what you feel 30 Minutes after your meal.

Protein Type		Mixed Food Type		Carb Type
Breakfast				
Bacon, Scrambled Eggs, 1 Tablespoon of Potatoes fried in butter*		Bacon & Eggs with Two slices of buttered whole wheat toast, 1 apple*		1 cup oatmeal, one soft boiled egg.
Energized Focused Calm Fatigued Frazzled		Energized Focused Calm Fatigued Frazzled		Energized Focused Calm Fatigued Frazzled
Lunch				
Dark meat chicken or Beef, salad, small handful of croutons and oil and vinaigrette dressings*		Hamburger on sprouted grain bun, lettuce tomato.*		16 oz chicken soup with a slice of toast with some butter.
Energized Focused Calm Fatigued Frazzled		Energized Focused Calm Fatigued Frazzled		Energized Focused Calm Fatigued Frazzled

Dinner			
Broiled salmon, 1 Tablespoon of rice or potatoes or pasta and a salad with oil and vinaigrette dressing.*		Broiled halibut steak, steamed zucchini, 1 baked sweet potato with butter.*	1 chicken breast with baked potato, steamed broccoli, green salad.
Energized Focused Calm Fatigued Frazzled		Energized Focused Calm Fatigued Frazzled	Energized Focused Calm Fatigued Frazzled