

HOW TO LOSE WEIGHT FOR THE LAST TIME

Protocol Template

Your protocol is your personal eating plan that will help you stop overeating and achieve your natural weight.

Consider these 8 suggestions when designing your protocol.

Keep a food journal	Are you willing to write down everything you eat in a quick and straightforward way, including exceptions?
No sugar, no flour	Are you willing to take a break from eating all products containing flour or added sugar?
Eat only at meals	Are you willing to commit to only eating at meals, without snacking? How many meals will you eat per day?
Food list	Are you willing to create a list of foods and beverages that your body and taste buds love and that you are therefore welcome to eat (including healthy fats, protein and some carbs)?
Intermittent fasting	Would you like to try some intermittent fasting as a part of your protocol? <i>Ex: only eat between noon and 8pm.</i> What would you like to commit to doing? Note: If you have any history with an eating disorder, I recommend you avoid intermittent fasting.
Plan ahead	Are you willing to create a simple written plan of what you're going to eat at each meal in advance? How far ahead will you plan your meals? <i>Ex: the night before.</i>
Include exceptions	An exception eat is one 'exception' food (<i>Ex: dessert</i>), eaten once a week and pre-planned at least 24 hours in advance. Will you include an exception eat? An exception meal is an entire meal where you will eat off plan, typically for a special occasion such as a wedding or anniversary. You may gain weight. How often will you have exception meals and for what reasons?
Weigh daily	Are you willing to weigh yourself every day and write that number down in your food journal?

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Write out your personalized protocol here.

Choose the suggestions you believe will support you and that you are willing to commit to.

Keep a food journal	
No sugar, no flour	
Eat only at meals (no snacking)	
Food list	<i>If you are using a food list, I recommend you write out your complete food list on the following page and keep it with this protocol.</i>
Intermittent fasting	
Plan ahead	
Exception eats and exception meals	
Weigh daily	
Anything else you want to include in your protocol?	

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Your Food List

Make a list of all the foods you want to eat and write them down. This will simplify your eating. You will only eat what is on this list and what isn't on this list will qualify as an exception. As you learn more about how certain foods work for your body, you can add or remove items from this list. It's fine to write down, for example, "all vegetables" or "all fruits, except papaya."

Vegetables	
Fats	
Protein	
Whole Grains	
Beverages	
Fruits	
Other (Ex: condiments)	