



TRANSFORMATIONAL
WEIGHT LOSS & WELLNESS

www.mariarippo.com

Food Log

| Meal | Food Intake | How I Feel |
|---------------------|-------------|------------|
| Breakfast | | |
| | | |
| | | |
| Snack | | |
| | | |
| Lunch | | |
| | | |
| | | |
| Snack | | |
| | | |
| Dinner | | |
| | | |
| | | |
| My Successes Today | | |
| My Challenges Today | | |

1 – 2 hours after a meal, just take a moment to notice how you feel. You ate the right combination of macronutrients if you feel:

Happy, normal state of well-being, have ideal blood pressure, can handle stress, can last between meals with good energy, have good mental focus and clarity of thought, no cravings, vibrant.

You had too much fat and protein if you feel:

Lethargic, sleepy, dull or depressed, mentally sluggish or slow, have a heavy gut, feel full but hungry, crave sweets or caffeine. Add more carbs to your meal.

You had too many carbs if you feel:

Headache, anxiety, don't feel satisfied, or get hungry soon after eating, jumpy mind, ADD, tired by wired, jittery, nervous energy, energy highs and lows. Add more fat and protein to your meal.

It is very important to also take note of how long it takes for you to get good and hungry again. In order to assist your body in becoming balanced, and rev up your metabolism, the one rule to follow is to only eat when you are good and hungry and stop when you are just satisfied.

We will work on this through hypnosis so it will come naturally. For now, even if you are going to binge, make sure you are good and hungry first!