

Food Plan Starter Templates

(Intended for use with “Never Binge Again”™ - Available as a Free Kindle Download on www.NeverBingeAgain.com)

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Taking full ownership and responsibility for a Food Plan which YOU create is your first and best offensive move against your fat-thinking-alter-ego (“the Pig”). The “Starter Templates” in the following pages are therefore intended to be modified for your personal needs. Of course, you should seek counsel from experts to inform your decisions. But “trying out” other people’s diets is a type of dependency which gives your Pig the opportunity to take control at any time as follows: “Must’ve been a bad plan that nutritionist, doctor, or diet-guru recommended. You’ll have to talk to them about it. Or else we’ll have to find someone else to follow. Oh well, in the meantime we might as well just Binge. Yummy!!!” —Your Pig

Notwithstanding the above, it can be very helpful to have some of the blanks filled in for you as you get started. It is in this spirit we offer the Starter Templates, and we’ve worked hard to ensure there’s one for virtually every nutritional philosophy. Each template is comprised of four categories:

- **NEVERS:** What foods, drinks, and behaviors will you never indulge in again as long as you live?
- **ALWAYS:** What will you always do regarding food, drink, and food behaviors?
- **UNRESTRICTED:** What foods, drinks, and food behaviors will you permit yourself to have without restriction?
- **CONDITIONALS:** What foods, drinks, and behaviors will you permit only at certain times, in certain amounts, and/or restricted by other conditions? *(WARNING: Specify these in exquisite detail so there’s no ambiguity whatsoever about when the light is red vs. green. Avoid yellow lights. In the Pig’s way of thinking, yellow = bright green. And red-ish = bright green too!)*

Most people find it easiest to develop a solid Food Plan by first writing down the strictest set of rules in each category which would allow the Pig absolutely NO wiggle room—then loosening the boundaries until it’s clear there’s be enough nutrition and enjoyment to sustain satisfaction on the plan indefinitely. Many of the templates are therefore presented in a much stricter form than you will be able to adopt if you attempt to use them as is. Most people will need to make significant modifications. For example, on any given plan you may wish to move some of the Nevers to the Conditionals section, or delete several of the rules entirely. You may also wish to *add* rules specific to your nutritional needs, or simply for your own pleasure. You may borrow concepts and rules from one template and move them to another.



The bottom line is, it's YOUR plan... change it however you like! As long as the final result is easy to remember, nutritionally sound, and 100% unambiguous you'll be fine. And don't feel constrained by the formatting of the Starter Templates. There's NO reason you have to keep the columns, or even force it to fit on a single page. You also don't have to use the four categories above—they're just a convenient structure to help you think things through. The plans are listed in no particular order, so please be sure to page all the way through the document to find one which is closest to your nutritional philosophy. This is an evolving document. Check for periodic free updates at www.NeverBingeAgain.com. And please know the author does not personally endorse any of the plans enclosed, and in fact may vehemently disagree with many of them, but has presented a full spectrum to respect the fact that what you choose to put on your plate vs. your Pig's trough is a very private matter.

Just one more thing, and it's VERY important! Although *some* people find it helpful to create and adopt a comprehensive Food Plan right out of the gate, others find this overwhelming and find more success by just starting with ONE clear line in the sand. This is a perfectly acceptable—often preferable—way to set yourself up for success. Confidently adopting and reaping the benefits of ONE rule which protects you from a troubling food (*or food behavior*) can build the necessary momentum to adopt the next.

Oh... and to learn more about the products and services available to help fix your food problem and achieve the body, mind, and physical performance you most desire please visit...

www.FixYourFoodProblem.com

Blank Food Plan Template

We'll begin with a blank slate for those of you who don't wish to be at all encumbered with the thoughts of others.

NEVERS	ALWAYS	UNRESTRICTED	CONDITIONALS
What foods, drinks, and behaviors will you never indulge in again as long as you live?	What will you always do regarding food, drink, and food behaviors?	What foods, drinks, and food behaviors will you permit yourself to have without restriction?	What foods, drinks, and behaviors will you permit only at certain times, in certain amounts, and/or restricted by other conditions?

Macrobiotic

NEVERS	ALWAYS	UNRESTRICTED	CONDITIONALS
What foods, drinks, and behaviors will you never indulge in again as long as you live?	What will you always do regarding food, drink, and food behaviors?	What foods, drinks, and food behaviors will you permit yourself to have without restriction?	What foods, drinks, and behaviors will you permit only at certain times, in certain amounts, and/or restricted by other conditions?
<p>I Never Eat Red Meat</p> <p>I Never Eat and/or Drink Dairy</p> <p>I Never More Than Two Servings of Animal Products on Any Given Calendar Week</p> <p>I Never Eat More Than Three Servings of Fruit on Any Given Calendar Day</p> <p>I Never Consume More Than 10% of My Calories from Oil on Any Given Calendar Day</p> <p>I Never Use Artificial Sweeteners</p>	<p>I Always Consume At Least One Pound of Vegetables Each Calendar Day</p> <p>I Always Drink 8 Full Cups of Water Each Calendar Day</p> <p>I Always Eat At Least One Piece of Whole Fruit Each Day</p> <p>I Always Eat At Least One Serving of Legumes Each Calendar Day</p> <p>I Always Drink a Minimum of Two Cups of Organic Vegetable Juice Each Calendar Week</p>	<p>I may have as many un-sauced vegetables as I wish at any given time of day or night.</p> <p>I may drink as much water and/or herbal tea as I wish.</p>	<p>I only ever eat sweets two weekends per Calendar Month, and on those weekends I may only have up to 20% of my total calories from sweets. <i>(Note: "Sweets" means anything sweet besides whole fruit)</i></p> <p>I only ever eat processed grains like pasta and/or bread two weekends per Calendar Month, they may not be the same weekends as those I choose to eat sweets (above), and on those weekends I may only have up to 20% of my total calories from these foods.</p>

Sugar and Flour Addict

Some people who have exhaustively battled refined sugar and flour find it easier to adopt a plan which excludes them entirely. This is often more effective when alcohol is also excluded as a never (*not shown here.*) Some people take it a step further and exclude artificial sweeteners. There is no nutritional need for refined sugar, flour, or alcohol in the body.

NEVERS	ALWAYS	UNRESTRICTED	CONDITIONALS
What foods, drinks, and behaviors will you never indulge in again as long as you live?	What will you always do regarding food, drink, and food behaviors?	What foods, drinks, and food behaviors will you permit yourself to have without restriction?	What foods, drinks, and behaviors will you permit only at certain times, in certain amounts, and/or restricted by other conditions?
I Will Never Eat Anything Sweet Besides Whole Fruit and Stevia Again I Will Never Eat Any Type of Flour Again	I always eat leafy green vegetables with at least one meal per day	I may have as much water, herbal tea, and calorie free coffee as I desire	I will only ever drink alcohol again when out to dinner with someone I love (<i>other than myself</i>)... and I will never have more than four drinks per calendar week again.

Paleolithic

NEVERS	ALWAYS	UNRESTRICTED	CONDITIONALS
<p>What foods, drinks, and behaviors will you never indulge in again as long as you live?</p>	<p>What will you always do regarding food, drink, and food behaviors?</p>	<p>What foods, drinks, and food behaviors will you permit yourself to have without restriction?</p>	<p>What foods, drinks, and behaviors will you permit only at certain times, in certain amounts, and/or restricted by other conditions?</p>
<p>I Will Never Count Calories and/or Restrict My Portions Again</p> <p>I Will Never Eat Legumes of Any Type Again</p> <p>I Will Never Eat Anything Sweet Besides Whole Fruit Again</p> <p>I Will Never Eat More Than Two Servings of Fruit Per Day Again</p> <p>I Will Never Cook with Oil Again <i>(I will only use oil cold in salad dressings)</i></p>	<p>I Always Consume At Least One Tablespoon of Coconut Oil Every Calendar Day</p> <p>I Always Eat At Least Two 10 Inch Plate's Worth of Vegetables Every Calendar Day</p> <p>I Always Eat At Least 2/3rds of a Pound of Pasture Raised and/or Grass Fed Animal Protein Every Calendar Day</p> <p>I Always Spend at Least 15 Minutes Outside in the Sun Every Calendar Day</p>	<p>I may have as many vegetables as I wish at any time</p> <p>I may drink as much unsweetened herbal tea as I wish at any time</p>	<p>I Only Eat Grains and/or Flour on Wednesdays and Saturdays and Even Then No More Than 600 Calories Worth per Calendar Day</p> <p>The only oils I will ever consume again are Avocado Oil and/or Olive Oil.</p> <p>The only dairy products other than butter and heavy cream I may eat are raw, full fat, and/or fermented.</p>

Vegetarian Variations

Please note that rather than creating separate starter templates for each subtype of vegetarian Food Plans we have condensed them into one and indicated those rules belonging only to specific subtypes with parenthetical comments. You should delete the lines which don't apply to the particular subtype you have chosen. *(You can also then delete the parenthetical comments)*

NEVERS	ALWAYS	UNRESTRICTED	CONDITIONALS
What foods, drinks, and behaviors will you never indulge in again as long as you live?	What will you always do regarding food, drink, and food behaviors?	What foods, drinks, and food behaviors will you permit yourself to have without restriction?	What foods, drinks, and behaviors will you permit only at certain times, in certain amounts, and/or restricted by other conditions?
I Will Never Eat Any Animal Product Again (VEGAN) Other Than Eggs and Dairy I Will Never Eat Any Animal Product Again (LACTO-OVO VEGETARIAN) Other Than Dairy I Will Never Eat Any Animal Product Again (LACTO-OVO VEGETARIAN)	I Always Have At Least One Half Pound of Green Leafy Vegetables Each Calendar Day I Always Have At Least One Half Pound of Cruciferous Vegetables Each Calendar Day I Always Write Down How Many Grams of Protein I've Eaten Before Bed Each Night	I may eat as many un-sauced vegetables as I wish. I may drink as much water as I wish. Other than carrot juice, I may drink as much vegetable juice as I wish	I Only Eat Animal Products on Weekends (<i>WEEKEND VEGETARIAN</i>)

Whole Foods

Some people do best with a very minimalistic set of rules focused on a “clean” way of eating.

NEVERS	ALWAYS	UNRESTRICTED	CONDITIONALS
What foods, drinks, and behaviors will you never indulge in again as long as you live?	What will you always do regarding food, drink, and food behaviors?	What foods, drinks, and food behaviors will you permit yourself to have without restriction?	What foods, drinks, and behaviors will you permit only at certain times, in certain amounts, and/or restricted by other conditions?
I Never Eat Processed Foods I Never Eat Non-Organic Animal Products		I May Eat As Much Whole Plant Food As I Desire at Any Time	

For Grazers and Over-Snackers

For some people, the central problem with their eating behavior is frequency, and creating a fasted state between meals is all that's really required to achieve their health and fitness goals.

NEVERS	ALWAYS	UNRESTRICTED	CONDITIONALS
What foods, drinks, and behaviors will you never indulge in again as long as you live?	What will you always do regarding food, drink, and food behaviors?	What foods, drinks, and food behaviors will you permit yourself to have without restriction?	What foods, drinks, and behaviors will you permit only at certain times, in certain amounts, and/or restricted by other conditions?
I Will Never Eat More Than Four Meals on Any Given Calendar Day Again I Will Never Consume Calories Between Meals Again	I always leave at least two hours between meals, and define a meal as anything consumed within one hour of the first bite.	I may drink as much water as I wish. Other than carrot juice, I may drink as much vegetable juice as I wish	

Calorie Counters

NEVERS	ALWAYS	UNRESTRICTED	CONDITIONALS
What foods, drinks, and behaviors will you never indulge in again as long as you live?	What will you always do regarding food, drink, and food behaviors?	What foods, drinks, and food behaviors will you permit yourself to have without restriction?	What foods, drinks, and behaviors will you permit only at certain times, in certain amounts, and/or restricted by other conditions?
I Never Go to Bed on Any Given Calendar Day Without Tallying My Calories for the Day in Written Form	I Always Tally My Total Calories Consumed on Any Given Calendar Day in My Head Before Eating Something New	I may drink as much calorie-free liquids as I desire	I eat no more than (NUMBER) of calories per Calendar Day with the exception of one Calendar Day per Calendar Month (<i>the "Double Calorie Day"</i>) when I may have as (NUMBER ABOVE x 2) calories. <i>(NOTE: This condition is meant to be optional for those calorie counters who want occasional relief. The specific number, frequency of these special days, and multiple of calories is up to you!)</i>

Carbohydrate Counters / Low Carb

NEVERS	ALWAYS	UNRESTRICTED	CONDITIONALS
What foods, drinks, and behaviors will you never indulge in again as long as you live?	What will you always do regarding food, drink, and food behaviors?	What foods, drinks, and food behaviors will you permit yourself to have without restriction?	What foods, drinks, and behaviors will you permit only at certain times, in certain amounts, and/or restricted by other conditions?
I Will Never Eat Anything with More Than (NUMBER) of Carbs in Any Given Meal Again <i>(a meal being defined as occurring within sixty minutes of the first bite, and no sooner than two hours after the completion of a prior meal)</i>	I Always Tally My Total Grams of Carbohydrates Consumed on Any Given Calendar Day in My Head Before Consuming Any Additional Calories	I May Eat As Much Zero Carbohydrate Foods As I Desire at Any Time	Between (DATE) and (DATE) I Will Never Eat More Than <i>(NUMBER OF GRAMS)</i> Grams of Carbohydrates on Any Given Calendar Day (ADJUST DATES AND ADD ADDITIONAL STATEMENTS TO ACCOUNT FOR PLANNED PHASES OF INCREASING AND/OR DECREASING CARBOHYDRATE LEVELS)

Health Food Lunatic (*Very Strict*)

NEVERS	ALWAYS	UNRESTRICTED	CONDITIONALS
<p>What foods, drinks, and behaviors will you never indulge in again as long as you live?</p>	<p>What will you always do regarding food, drink, and food behaviors?</p>	<p>What foods, drinks, and food behaviors will you permit yourself to have without restriction?</p>	<p>What foods, drinks, and behaviors will you permit only at certain times, in certain amounts, and/or restricted by other conditions?</p>
<p>I Will Never Eat Anything Which Doesn't Grow in the Ground Again.</p> <p>I Will Never Eat Sweets, Grains, Flour, Oil, and/or Alcohol Again. <i>(Sweets include anything and everything which tastes sweet besides whole fruits, berries, stevia, and chicory)</i></p> <p>Added Salt and/or Sodium. <i>(Includes all foods, drinks, and sauces with added sodium.)</i></p>	<p>100% of my diet is ALWAYS comprised of fruit, vegetables, seeds, nuts, spices, beans, and supplements.</p>	<p>Provided all other rules are met I may eat as many vegetables, fruits, spices, and beans as I wish at any time.</p> <p>Provided all other rules are met I may eat as many calories as I wish at any time.</p>	<p>I will never eat more than three ounces of nuts and/or seeds on any given Calendar Day</p>

Single Trouble Food Example (Chocolate)

Some plans may have just one single rule to control a troublesome food. In this example we've used Chocolate.

NEVERS	ALWAYS	UNRESTRICTED	CONDITIONALS
What foods, drinks, and behaviors will you never indulge in again as long as you live?	What will you always do regarding food, drink, and food behaviors?	What foods, drinks, and food behaviors will you permit yourself to have without restriction?	What foods, drinks, and behaviors will you permit only at certain times, in certain amounts, and/or restricted by other conditions?
		Outside of my conditional trouble food rule I do not restrict myself in any way whatsoever	I will never eat chocolate again outside of a social situation where someone I care about has specifically offered it to me...and never more than once a month in any case.

To learn more about the products and services available to help fix your food problem and achieve the body, mind, and physical performance you most desire please visit...

www.FixYourFoodProblem.com

**This document assumes the reader has read “Never Binge Again™”
currently available as a free download via the website below:**

www.NeverBingeAgain.com

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