Food Plan Creation Worksheet

Intended for use only with "Never Binge Again™ Available as a Free Kindle Download www.NeverBingeAgain.com

DISCLAIMER: For education only. No guarantees and/or warranties of fitness for any particular purpose are made. You are responsible for determining the nutritional soundness and safety of your own dietary plan. Consult a licensed medical professional if you require medical advice, and a licensed nutritionist if you require nutritional advice. Usage is entirely at your own risk. If you do not agree with these terms, Psy Tech Inc. is unwilling to grant you a license to read and/or use the information in this document, and you are instructed to destroy all copies both physical and electronic.

Instructions

In this simple document, I'll take you by the hand and walk you through identifying the types of foods (and behaviors) which may warrant regulating in your Food Plan. But before we dive in, please remember your fat-thinking-alter-ego (the "Pig") will most definitely try to use this workbook to sabotage you. It wants you to disclaim responsibility and ownership of ANY plan which puts it in a Cage and returns full control to YOU. Therefore, the first time you even think of making a mistake the Pig will try to negate the value of the plan as follows:

"Gee, that worksheet mustn't have been much good, because the resulting plan was WAY too easy to break. Oh well. Too bad, sooooooooooo sad. I guess there's nothing we can do but Binge. Yummy!!! Let's do it now!!" —Your Pig

Well, the heck with that! Tell your Pig you’re only using this workbook to stimulate your thoughts about your own personal Food Plan… and you will assume full ownership and 100% responsibility for sticking to it.

REMEMBER: Dominating your fat-thinking-alter-ego with your thin-thinking-self is much more akin to capturing and caging a rabid Doberman Pincher than nursing a wounded puppy back to health. It’s almost impossible to “love yourself thin.” Cage the Pig and let it suffer! OK? OK!
Diving in, the workbook is divided into four sections, each roughly corresponding with one of the four categories of food rules suggested in the book: (a) NEVERS: What foods, drinks, and behaviors will you never indulge in again as long as you live?; (b) ALWAYS: What will you always do regarding food, drink, and food behaviors?; (c) 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?

When you’re done with each section, you’ll want to copy and paste any resulting or potential Food Rules into a blank Starter Template so your formal plan can begin to take shape. And that’s all there is to it.

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.

OK? OK! Let’s get started (next page please)...

NOTE: 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
Once you’ve completed the workbook, you can come back to this and paste in a draft of some of the Food Rules which occurred to you.

<table>
<thead>
<tr>
<th>NEVERS</th>
<th>ALWAYS</th>
<th>UNRESTRICTED</th>
<th>CONDITIONALS</th>
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<tbody>
<tr>
<td>What foods, drinks, and behaviors will you never indulge in again as long as you live?</td>
<td>What will you always do regarding food, drink, and food behaviors?</td>
<td>What foods, drinks, and food behaviors will you permit yourself to have without restriction?</td>
<td>What foods, drinks, and behaviors will you permit only at certain times, in certain amounts, and/or restricted by other conditions?</td>
</tr>
</tbody>
</table>
“Nevers” are Food Rules which govern things you will never do again. Yes never, as in never, ever, ever! From now until the day you die. The possibility of committing to never doing something ever again nauseates your Pig, so the moment you begin considering it you may feel a little queasy inside. If you’ve read the book then you know this is a good thing.

IMPORTANT: If you haven’t read the book, please go back and read at least the introduction and the “How to Construct Your Own Food Plan” chapter. This will give you enough of a grounding in the Never Binge Again philosophy to defeat your Pig as you go through this section. If you skip it, you may not recognize your Pig Squealing and the resulting Food Plan will probably not be as effective.

It’s much better if you read the book, but I know not everyone will. So let’s summarize a few key points about “Never” rules here. (This serves as a good reminder for those who have read the book too):

➢ Think of saying you’ll “Never” do something again for the rest of your life similarly to how you’d encourage a small child to accomplish an important goal. If your 6 year old son (“Joe”) had his heart set on peddling his bicycle up a very steep hill without stopping, you’d never say “You’re probably not going to make it up THAT hill Joe, so don’t even try!” Instead you’d encourage him to visualize himself peddling all the way to the top like NOTHING could ever stop him. And you’d be right to do so! Because this mindset prevents little Joe from getting distracted by doubt and the possibility of failure... even though this possibility may indeed exist.

✓ It turns out taking your mind off the goal by obsessing about the possibility of doubt and failure is a good part of what begins the Binge cycle. Setting a clear intention with a Food Rule and going after it with enthusiasm makes it possible to focus on the goal and cast our concerns with failure aside.

➢ By setting this kind of a crystal clear intention—for example “I Will Never Eat (X) Again”— we can clearly hear the Pig’s efforts to sabotage our progress. With a line drawn firmly in the sand, all thoughts, feelings, and impulses which even remotely suggest “you MIGHT someday
eat (X) if (Y) happens” are immediately seen as “Pig Squeal™”. Pigs only squeal for Pig Slop™—and will certainly NEVER eat Pig Slop again, so we just ignore the Pig…

➢ If you DO make a mistake, you’ll deal with it in the same way you’d help Joe if he didn’t make it up the hill. You’d never beat him up and instill guilt. You’d help him look at what went wrong, how he might do better, and then you’d encourage Joe to try again with 100% confidence he’ll make it on his very next try.

➢ There are only two things that can go wrong (1) you mistook a Pig Squeal for your own thinking (the Pig convinced you to feed it some Pig Slop) or; (2) there is some sneaky Pig Squeal remaining in your actual Food Plan. If it’s the former, just resume. If it’s the latter, go through the Free “How to Change Your Food Plan” cheat-sheet which came with this document and make the necessary alterations.

With these principles behind us, we’re ready to take a hard look at ourselves to see what “Nevers” might be appropriate.

Which (if any) of the following foods MIGHT your Pig have convinced you to eat in greater quantity and/or frequency than your own best judgment allows? Listing them here does NOT mean they will end up on your Never list. It doesn’t even necessarily mean the food is unhealthy. Some will migrate to the Conditionals section. Others you will chose to continue eating without restrictions. The point is to flag them for consideration at this juncture. Last, the food search activities below are not meant to generate a comprehensive list, but rather as memory joggers to help you do an inventory of potential trouble foods.

Please Click on the Following Internet Searches and for Each One Write Down ANY Potentially Troublesome Foods to Consider in the Three or More Relevant Food Lists You May Find

(Make space in your Word Processor and/or use a separate sheet of paper as necessary)
IMPORTANT: If the automated links do not work, just go to your favorite search engine and type in the words in quotes. Please also note some lists—particularly government lists—are too large to read in full. For lists with more than 100 items just page through looking for things to jog your memory. There are no 100% “right answers” for this exercise. Your Pig wants you to keep Bingeing for weeks (or months) while you obsess about getting this worksheet filled out perfectly… but all that’s necessary is to jog your memory a little and you’ll almost certainly come up with a great list. Poor Pig. Let it suffer!

➢ ALL FOODS: “List of all foods”
➢ FOOD VOCABULARY LIST: “Food vocabulary list”
➢ JUNK FOOD LIST: “Junk food list”
➢ BAD FOOD LIST: “Bad food list”
➢ GOOD FOOD LIST: “Healthy food list”

Make sure you’ve listed all foods and/or drinks you’ve had difficulty with in the past before you go on to the next part.
THINKING MORE SERIOUSLY

For each potentially troublesome food you’ve listed above, please answer the questions below and tally the numbers to create a “score” for that particular food. Repeat until you’ve scored each food on your list. Remember, this score is just a way of ranking your trouble foods—the final decision about what to do with them is still entirely up to you.

➢ During the past year, how often have you had more of this food than you initially planned to before eating it?  
  (0) Never  (1) A Few Times  (3) About Six Times  (6) A Dozen Times  (12) Twenty Times or More

➢ How much overall damage has this particular food done to your health, weight, relationships, occupation, confidence, and/or self-esteem during the past year?  
  (0) None  (1) A Little  (3) A Significant Amount  (6) A Lot  (12) “Oh My God!”

➢ Has a medical professional and/or nutritionist ever suggested you cut back on this particular food?  
  (0) Never  (6) Once  (12) More Than Once
RANK ORDERING YOUR LIST

The next step is re-writing your list of trouble foods in rank order. Start with the one which got the most points in 1b above and work your way down. It’s helpful to see them in this modestly objective order, but if your intuition suggests overriding the point system…feel free! Just be sure you’ve taken a little time for consideration before you do this in case your Pig is rearing its ugly head.
SIFTING AND SORTING

Now we’re going to take a harder look at each of the foods and place each in one of three categories: (a) you’d probably be better off NEVER having them again; (b) those which require some additional regulation or control in order for you to continue enjoying them (CONDITIONALS); (c) those which you will continue to eat without restriction (UNRESTRICTED)

For most people, this will largely be an intuitive choice after having answered all the questions to this point. However, there are two more things you can ask about each food to help:

➢ What would your life be like if you were 100% confident you would NEVER have the food again?

✓ How do YOU feel about this? Provide as many details as you can about what would change in your life. What would you give up vs. what would you get? Consider physical, emotional, and spiritual elements.

✓ How does your PIG feel about this? What would it give up vs. what would it get? Consider physical, emotional, and spiritual elements.

✓ Now compare the two. Which life do you choose?

➢ Do you have any evidence it’s possible to control and/or regulate the food under certain conditions? For example, some people have trouble with particular foods only when driving. In these cases a conditional food rule which says they may only eat the food when they’re not inside a moving vehicle sometimes does the trick. (Note: If you struggle to regulate a particular food with CONDITIONAL rules, the odds are strong it would be easier to NEVER have that food again)

One more important thing for you to know before you sort your foods: Many people find it easier to just commit to one or two NEVERS to get things started, even though they may intuitively believe many more foods belong there. Other people need to get everything on their NEVERS list all at once.
If most of the foods on your list got very high scores during the exercise above, you may do better with a bigger list of NEVERS. On the other hand, if only one or two foods rose to the top, it’s probably better not to try to commit to never having all of your list all at once.

OK! Now it’s time to make your list. Continue to consider this a draft at this point. We won’t make any final commitments yet:

- **NEVERS**: Which of these potentially troublesome foods should I probably NEVER have again?
- **CONDITIONALS**: Which of these foods do I want to regulate with a conditional rule? What might that rule be?
- **UNRESTRICTEDS**: Which of these foods will I continue to allow without restriction?
FINAL STEPS

Taking a hard look at the list which resulted above, please answer the following questions:

➢ **What do YOU feel about this list?** How would YOU feel if you know with 100% certainty you’d be able to maintain it for the rest of your life?
  ✓ How might your PIG feel about it? *(Poor Pig. Cage it and let it suffer!)*

➢ **Do YOU believe, using the full force of your intellect and all your previous knowledge about diet and nutrition, that this is a nutritionally sound and complete plan?**
  ✓ If not, what’s missing? Generally speaking, what’s missing from the plan at this juncture can often be corrected with an ALWAYS rule. For example, when you’ve eliminated all the “bad” stuff (Pig Slop) sometimes there’s not enough “good” stuff left. This can often be corrected by ensuring you have a certain amount of “good” stuff every day… whatever this means to you.
  ✓ If you’re not sure about the nutritional soundness of the plan you CAN pause here to get an expert opinion. Just remember, experts are human too… so make sure you’re not delegating full responsibility for your Food Plan to them. You must take 100% ownership no matter what in the end.
  ✓ Listen carefully for what your PIG might be saying here and then thoroughly ignore it.

➢ **Do YOU believe, using the full force of your intellect and previous history with food, that you will have enough to eat if you implement these rules… every day for the rest of your natural life?**
  ✓ If not, how might you change things? Are there certain rules you need to loosen up? Additional ALWAYS to consider? *(For example, always keeping a certain food in stock, etc)*

➢ **Do YOU believe, using the full force of your intellect and previous history with food, that you will have enough SATISFACTION on this plan… every day for the rest of your natural life?** Consider the following in making your determination:
  ✓ It’s important to remember there are always two types of deprivation – what you give up when you give up a food, and what you give up when you don’t!
✓ It's perfectly OK to make conscious and purposeful tradeoffs in life. It's much better to say “I'm willing to suffer more at the end of my life and/or risk a serious health problem in order to have this particular food in my life” than to let your Pig convince you that food is healthy. Everyone decides on their own balance between “Live fast and die young” vs. “Live slowly and enjoy the long ride”… nobody can tell you where this line is for you.

✓ Your Pig will Squeal loudest during these questions… just continue to ignore it and make a well-considered, intellectual decision for yourself

➢ How might you change your Plan considering all the above?

After thoroughly answering the questions on this worksheet, you're ready to construct your Food Plan. Your Pig would like you to believe it's more complicated than this, but it's not. Poor Pig!

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