

Just Stop Eating So Much! Food Diary

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Week Of _____

SATURDAY

Breakfast: *Just Stop Breakfast Option* _____
Lunch: *Just Stop Lunch Option* _____
Dinner: *Just Stop Dinner Option* _____
Snack: *Just Stop Snack Option* _____ (only when absolutely necessary, see *Snack Options page*)
Splurge: *Just Stop Splurge Option* _____ (only if you have less than 20 pounds to lose, see *Splurge Options page*)

SUNDAY

Breakfast: *Just Stop Breakfast Option* _____
Lunch: *Just Stop Lunch Option* _____
Dinner: *Just Stop Dinner Option* _____
Snack: *Just Stop Snack Option* _____ (only when absolutely necessary, see *Snack Options page*)
Splurge: *Just Stop Splurge Option* _____ (only if you have less than 20 pounds to lose, see *Splurge Options page*)

MONDAY

Breakfast: *Just Stop Breakfast Option* _____
Lunch: *Just Stop Lunch Option* _____
Dinner: *Just Stop Dinner Option* _____
Snack: *Just Stop Snack Option* _____ (only when absolutely necessary, see *Snack Options page*)
Splurge: *Just Stop Splurge Option* _____ (only if you have less than 20 pounds to lose, see *Splurge Options page*)

TUESDAY

Breakfast: *Just Stop Breakfast Option* _____
Lunch: *Just Stop Lunch Option* _____
Dinner: *Just Stop Dinner Option* _____
Snack: *Just Stop Snack Option* _____ (only when absolutely necessary, see *Snack Options page*)
Splurge: *Just Stop Splurge Option* _____ (only if you have less than 20 pounds to lose, see *Splurge Options page*)

WEDNESDAY

Breakfast: *Just Stop Breakfast Option* _____
Lunch: *Just Stop Lunch Option* _____
Dinner: *Just Stop Dinner Option* _____
Snack: *Just Stop Snack Option* _____ (only when absolutely necessary, see *Snack Options page*)
Splurge: *Just Stop Splurge Option* _____ (only if you have less than 20 pounds to lose, see *Splurge Options page*)

THURSDAY

Breakfast: *Just Stop Breakfast Option* _____
Lunch: *Just Stop Lunch Option* _____
Dinner: *Just Stop Dinner Option* _____
Snack: *Just Stop Snack Option* _____ (only when absolutely necessary, see *Snack Options page*)
Splurge: *Just Stop Splurge Option* _____ (only if you have less than 20 pounds to lose, see *Splurge Options page*)

FRIDAY

Breakfast: *Just Stop Breakfast Option* _____
Lunch: *Just Stop Lunch Option* _____
Dinner: *Just Stop Dinner Option* _____
Snack: *Just Stop Snack Option* _____ (only when absolutely necessary, see *Snack Options page*)
Splurge: *Just Stop Splurge Option* _____ (only if you have less than 20 pounds to lose, see *Splurge Options page*)

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