

Week 1

“Stabilizing your blood sugar can help you lose weight quickly and easily.”

Starting Weight: _____

Helpful Tools:

- Meal prep containers
- Glucose monitor (optional)
- Food processor

Emotional Inventory:

How do you feel about starting a blood sugar diet?

Sunday

Did your energy levels stay stable today? _____

Did you stick to unprocessed foods today? _____

Monday

Did your energy levels stay stable today? _____

Did you stick to unprocessed foods today? _____

Tuesday

Did your energy levels stay stable today? _____

Did you stick to unprocessed foods today? _____

Wednesday

Did your energy levels stay stable today? _____

Did you stick to unprocessed foods today? _____

Thursday

Did your energy levels stay stable today? _____

Did you stick to unprocessed foods today? _____

Friday

Did your energy levels stay stable today? _____

Did you stick to unprocessed foods today? _____

Saturday

Did your energy levels stay stable today? _____

Did you stick to unprocessed foods today? _____

Week 2

“Try avoiding meal replacements and instead learn how to eat natural foods that work in favor of keeping your blood sugar stable.”

Starting Weight: _____

Emotional Inventory:

After 1 week of the blood sugar diet, do you find it getting easier?

Sunday

Did your energy levels stay stable today? _____

Did you stick to unprocessed foods today? _____

Monday

Did your energy levels stay stable today? _____

Did you stick to unprocessed foods today? _____

Tuesday

Did your energy levels stay stable today? _____

Did you stick to unprocessed foods today? _____

Wednesday

Did your energy levels stay stable today? _____

Did you stick to unprocessed foods today? _____

Thursday

Did your energy levels stay stable today? _____

Did you stick to unprocessed foods today? _____

Friday

Did your energy levels stay stable today? _____

Did you stick to unprocessed foods today? _____

Saturday

Did your energy levels stay stable today? _____

Did you stick to unprocessed foods today? _____

Week 3

“Blood sugar diets are good for those are diabetic, but also for those who want to avoid developing the disease in the future.”

Starting Weight: _____

Emotional Inventory:

What’s your biggest struggle with the blood sugar diet and what are a couple of ideas to help you overcome it?

Sunday

Did your energy levels stay stable today? _____

Did you stick to unprocessed foods today? _____

Monday

Did your energy levels stay stable today? _____

Did you stick to unprocessed foods today? _____

Tuesday

Did your energy levels stay stable today? _____

Did you stick to unprocessed foods today? _____

Wednesday

Did your energy levels stay stable today? _____

Did you stick to unprocessed foods today? _____

Thursday

Did your energy levels stay stable today? _____

Did you stick to unprocessed foods today? _____

Friday

Did your energy levels stay stable today? _____

Did you stick to unprocessed foods today? _____

Saturday

Did your energy levels stay stable today? _____

Did you stick to unprocessed foods today? _____

Week 4

“If you can, it’s good to track your blood sugar so you can see which foods help and which ones sabotage your efforts.”

Sunday

Did your energy levels stay stable today? _____

Did you stick to unprocessed foods today? _____

Monday

Did your energy levels stay stable today? _____

Did you stick to unprocessed foods today? _____

Tuesday

Did your energy levels stay stable today? _____

Did you stick to unprocessed foods today? _____

Wednesday

Did your energy levels stay stable today? _____

Did you stick to unprocessed foods today? _____

Thursday

Did your energy levels stay stable today? _____

Did you stick to unprocessed foods today? _____

Friday

Did your energy levels stay stable today? _____

Did you stick to unprocessed foods today? _____

Saturday

Did your energy levels stay stable today? _____

Did you stick to unprocessed foods today? _____

Ending Weight: _____

Final Emotional Inventory:

Are you happy with the amount of weight that you lost?

Did you find the diet easy to implement?

Is this something you feel like you could do again?
