

FORBIDDEN FOODS

List the foods you don't allow yourself to eat (don't include foods you're allergic to or can't eat for medical reasons)

When you decide to eat these foods, what are you thinking?

When you eat these foods, how do you eat them?

Do you notice the taste or how they feel in your body?

How does eating these foods affect how you feel about yourself? _____

Does eating these foods affect your eating for the rest of the day or the following day? _____

Weight Loss for Foodies!