

The De-Stress Effect Progress Chart – What to Eat

- These are a synopsis of the main points in the book, so an ideal and you don't need to be doing all of them; focus on we discussed and other points may be considered for the future or a few you'll feel slot in naturally.
- You can use them to divide the right hand column into days and tick off as you do, to note how each change felt or the effects it had or to note how you best achieved these for future reference.
- Keep any notes you make in a folder to create a map/plan for future times when stress hits and they can help guide you back smoothly to what gets you back on track.....



| | The De-Stress Effect page ref | Dietary focus for next six weeks | Notes & specifics |
|--|--|--|-------------------|
| Mealtimes: | 79-80, 98 83-85, 100 101 | Protein with every meal Healthy fats Bitter foods | |
| Vegetables included: | All page 99 | Raw and cooked Dark green leafy veg Cruciferous veg Allowed root veg Garlic and onions | |
| Fruit: | All page 169-70 | 2 portions a day 3 to help initial sugar weaning None to help wean off sweet tastes Cause bloating after protein meal | |
| Snacking habits: | 163 164-166 164-166 167-8 | None Need between breakfast & lunch Need between lunch and dinner Late night sweet cravings | |
| Non-caffeine or alcohol fluid intake: | 170 172-175 171 | More fluids between meals Caffeine only after food Rehydrating apple juice/water or coconut water | |
| Focus on reducing: | 113-4, 128-130 85, 103-4 155-6, 167-170 172-175 155-6, 175-178 | Wheat/ gluten grains Dairy Sugary snacks/ junk food Caffeine Alcohol | |