

Your F-Factor[™] Journal Page

F-Factor [™] Journal / Step 1	
Date:	Carb Fiber
BREAKFAST	

LUNCH	

SNACK	


DINNER/SUPPER	

SNACK/DESSERT	

TOTAL	
$A - B = C$ $\text{g} - \text{g} = \text{g}$ <small>digestible carb fiber</small>	$\text{g} \quad \text{g}$ <hr/> <small>A B=30-35g</small>
 <small><30 g/net carb/day</small>	

Jump-Start Your Weight Loss

F-Factor[™] Journal Sample


F-Factor [™] Journal / Step 1	
Date: Monday, June 1	Carb Fiber
BREAKFAST	
1 c fat free plain Greek style yogurt	7 0
1/2 c Fiber One Cereal	24 14
3/4 c blueberries	15 5
LUNCH	
1 c vegetable soup	0 2
6 oz. tuna fish (canned in water)	0 0
1 tbsp. light mayo	0 0
2 GG crackers	6 6
2 c mixed salad greens	0 2
SNACK	
1 tbsp. peanut butter	0 2
2 crackers	6 6
DINNER/SUPPER	
shrimp cocktail with 2 tbsp. cocktail sauce	0 0
6 oz. grilled filet mignon	0 0
1 c sautéed mushrooms	0 2
1 c grilled asparagus	0 2
SNACK/DESSERT	
1 Tofutti chocolate pop	6 0
TOTAL	
$A - B = C$ $64 \text{ g} - 41 \text{ g} = 23 \text{ g}$ <small>digestible carb fiber</small>	$64 \text{ g} \quad 43 \text{ g}$ <hr/> <small>A B=30-35g</small>
 <small><30 g/net carb/day</small>	

Your F-Factor Journal Page

F-Factor Journal / Step 2	
Date: Monday, July 1	Carb Fiber
BREAKFAST The F-Factor Diet <i>Breakfast Sandwich</i>	
LUNCH	
SNACK	
DINNER/SUPPER	
SNACK/DESSERT	
TOTAL	
A - B = C	g g
g - g = g	g
digestible carb fiber	A B=30-35g
	<75 g/net carb/day

Step 2: Continued Weight Loss

F-Factor Journal Sample

F-Factor Journal / Step 2	
Date: Monday, July 1	Carb Fiber
BREAKFAST The F-Factor Diet <i>Breakfast Sandwich</i>	
Thomas' English muffin light multigrain	22 8
1 slice Canadian bacon	0 0
1 egg	0 0
1 slice low fat cheese	0 0
1 orange	15 3
LUNCH	
turkey burger	0 0
on whole-wheat bun	15 2
2 slices tomato, Romaine lettuce, sliced onion	0 2
1 c baby carrots	0 2
diet iced tea	0 0
SNACK	
2 GG Bran Crispbreads	6 6
2 tbsp. peanut butter	0 2
DINNER/SUPPER	
Center-cut pork chop	0 0
1 c grilled asparagus	0 6
1/2 baked sweet potato	15 4
1 c salad greens with 1 tbsp. vinaigrette	0 2
1 glass red wine	1 0
SNACK/DESSERT	
Sugar-free Jell-O with 1 tbsp. fat-free Cool Whip	0 0
TOTAL	
A - B = C	74 g 37 g
74 g - 37 g = 37 g	g
digestible carb fiber	A B=30-35g
	<75 g/net carb/day