

# F-Factor Journal Sample

F-Factor Journal / Step 1		
Date: Monday, June 1	Carb	Fiber
<b>BREAKFAST</b>		
1 c fat free plain Greek style yogurt	7	0
1/2 c Fiber One Cereal	24	14
3/4 c blueberries	15	5
<b>LUNCH</b>		
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
<b>SNACK</b>		
1 tbsp. peanut butter	0	2
2 crackers	6	6
<b>DINNER/SUPPER</b>		
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
<b>SNACK/DESSERT</b>		
1 Tofutti chocolate pop	6	0
<b>TOTAL</b>		
A - B = C	64g	43g
64g - 41g = 23g	<div style="border: 1px solid black; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center; margin: 0 auto;">23g</div>	
digestible carb    fiber	A    B=30-35g	
<30 g/net carb/day6		

# Your F-Factor<sup>™</sup> Journal Page

F-Factor <sup>™</sup> Journal / Step 1	
Date:	Carb    Fiber
<b>BREAKFAST</b>	
_____	
_____	
_____	
<b>LUNCH</b>	
_____	
_____	
_____	
_____	
<b>SNACK</b>	
_____	
_____	
<b>DINNER/SUPPER</b>	
_____	
_____	
_____	
<b>SNACK/DESSERT</b>	
_____	
<b>TOTAL</b>	
$A - B = C$	$\underline{\quad} \text{ g} \quad \underline{\quad} \text{ g} = \underline{\quad} \text{ g}$
$\underline{\quad} \text{ g} - \underline{\quad} \text{ g} = \underline{23} \text{ g}$	$\underline{\quad} \text{ g}$
<small>digestible carb    fiber</small>	<small>A    B=30-35g</small>
	
<small>&lt;30 g/net carb/day<sup>6</sup></small>	

Jump-Start Your Weight Loss

# F-Factor Journal Sample

## F-Factor Journal / Step 2

Date: Monday, July 1 Carb    Fiber

### BREAKFAST The F-Factor Diet Breakfast Sandwich

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 <del>GG</del> Bran Crispbread	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
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### TOTAL

$$\begin{array}{r}
 A \quad - \quad B \quad = \quad C \\
 74 \text{ g} \quad - \quad 37 \text{ g} \quad = \quad 37 \text{ g} \\
 \text{digestible carb} \quad \text{fiber}
 \end{array}$$

37 g

<30 g/net carb/day

74g    37g

A    B=30-35g

# Your F-Factor<sup>™</sup> Journal Page

F-Factor <sup>™</sup> Journal / Step 2	
Date:	Carb    Fiber
<b>BREAKFAST</b> The F-Factor Diet <i>Breakfast Sandwich</i>	
<b>LUNCH</b>	
<b>SNACK</b>	
<b>DINNER/SUPPER</b>	
<b>SNACK/DESSERT</b>	
<b>TOTAL</b>	
$A - B = C$	$\underline{\quad} \text{ g} \quad \underline{\quad} \text{ g}$
$\underline{\quad} \text{ g} - \underline{\quad} \text{ g} = \underline{\quad} \text{ g}$	$\underline{\quad} \text{ g}$
<small>digestible carb    fiber</small>	<small>A    B=30-35g</small>
	
<small>&lt;30 g/net carb/day<sup>6</sup></small>	

Step 2: Continued Weight Loss