

F-Factor Journal Sample

F-Factor Journal / Step 1

Date: Carb Fiber

BREAKFAST

1/3 cup Kellogg's All-Bran Bran Buds	24	13
1 cup 0% plain Greek yogurt	0	0
1 1/4 cup sliced strawberries	15	4

LUNCH

4 oz. Grilled salmon	0	0
Over Large Salad w/non-starchy vegetables	0	6
F-Factor vinaigrette (2 tbsp. Balsamic vinegar + 1 tsp. Dijon mustard + 1-2 tsp. grated Parmesan cheese)	0	0

SNACK

F-Factor Pizza (4 GG Bran Crispbreads topped with 1/4 cup of 1% cottage cheese, 2 tbsp. of tomato sauce and 1 tbsp. Parmesan cheese)	24	16
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DINNER/SUPPER

Green salad with 2 tbsp. ginger dressing	0	3
Miso soup	0	0
4 oz. miso glazed cod w/ steamed spinach	0	3

SNACK/DESSERT

1 Tofutti chocolate pop	6	0
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TOTAL

A - B = C	69g	45g
69g - 45g =	24g	
digestible carb fiber		A B=30-35g

<35 g/net carb/day