

F-Factor Journal

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

LUNCH	

SNACK	

DINNER/SUPPER	

SNACK/DESSERT	

TOTAL	
$A - B = C$ _____ g - _____ g = _____ <small>digestible carb fiber</small>	 <small><35 g/net carb/day</small>
	_____ g _____ g <small>A B=30-35g</small>

Jump-Start Your Weight Loss