

# F-Factor Journal

F-Factor Journal / Step 2	
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	_____ g _____ g
$\frac{\text{g}}{\text{digestible carb}} - \frac{\text{g}}{\text{fiber}} =$	
	_____ g
	A    B=30-35g
<50 g/net carb/day	

Step 2: Continued Weight Loss