

## Brain Boosting Lifestyle Change: Weaning Off Bad Carbs

### Warm Up Month:

**WEEK 1:** *White, Wheat & Multigrain Bread, Pastas, White & Brown Rice, quinoa, couscous, all type pretzels, crackers, chips of sorts, no candy, and it's time to minimize soda (2 per day) and juices (1)* (write, from the list above, what carbs you've had on each day and during what meals. It is more than okay, if you do not have any bad carbs during meals - give yourself a star under these areas.) Add at least One Fighting Spice at least once a daily meal or snack. Write it on the chart.

Week 1	Breakfast	Snack	Lunch	Snack	Dinner	Snack
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

**YEAH! First Week Down!**

**WEEK 2:** *Wheat pasta, Wheat or Multigrain bread, white or brown rice, quinoa, couscous, only chips that are corn or veggie based, wheat crackers, and rice and veggie crackers, minimize soda (1 per day) and juices (0)* (write, from the list above, what carbs you've had on each day and during what meals. It is more than okay, if you do not have any bad carbs during meals - give yourself a star under these areas. If you run out of room in a space you are eating too many for a meal or snack) Add another Fighting Spice with an intake of two twice a day during meal or snack. Write it on the chart.

Week 2	Breakfast	Snack	Lunch	Snack	Dinner	Snack
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

**YOU DID IT! (Applause!)**

**WEEK 3:** White rice, brown rice, quinoa, couscous, rice and veggie based crackers, *minimize soda ( 3 days a week)* (write, from the list above, what carbs you've had on each day and during what meals. It is more than okay, if you do not have any bad carbs during meals - give yourself a star under these areas. If you run out of room in a space you are eating too many for a meal or snack) Add another Fighting Spice with an intake of three twice a day during meal or snack. Write it on the chart.

<b>WEEK 3</b>	Breakfast	Snack	Lunch	Snack	Dinner	Snack
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

**Congratulations, friend! Week three is completed. One more to go!**

**FINAL WEEK 4:** Brown rice, quinoa, couscous, veggie crackers, *minimize soda (0-1 a week)* (write, from the list above, what carbs you've had on each day and during what meals. It is more than okay, if you do not have any bad carbs during meals - give yourself a star under these areas. If you run out of room in a space you are eating too many for a meal or snack) Add another Fighting Spice with an intake of three twice a day during meal or snack. Write it on the chart.

Week 4	Breakfast	Snack	Lunch	Snack	Dinner	Snack
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

**And The Crowd Goes WILD!!!! (Fireworks! Party streamers! Confetti and balloons! You are now ready to start your three month brain reboot!**