

The Blood Sugar Solution Weekly Checklist

Week 1 Daily Check list

- **Wake up 1 hour before breakfast.** Engage in a physical activity you enjoy such as a walk or yoga.
- **Breakfast.** Try a protein shake, eggs, or use one of the breakfast recipes in the meal plan.
- **Journaling.** Record what you ate and how you felt.
- **Midmorning snack.** A handful of nuts and a piece of fruit are a great snack.
- **Journaling.** Record what you ate and how you felt.
- **Lunch.** Try one of the quick meals I provide on pages 155–156 or in the meal plan.
- **Journaling.** Record what you ate and how you felt.
- **Midafternoon snack.** Experiment with something different. How about half an avocado with lemon juice, salt, and pepper, or hummus and veggies? Find great snacks in the meal plan.
- **Journaling.** Record what you ate and how you felt.
- **Dinner.** Again, you can try one of the quick meals outlined on pages 155–156 or in the meal plan.
- **Journaling.** Record what you ate and how you felt. Think about how your experience with food impacted your day. What improvements do you see in your energy, your ability to focus? How does your body feel different? How do these changes make you feel?

Week 2 Daily Check list

- **Wake up 1 hour before breakfast.** Engage in a physical activity you enjoy.
- **Breakfast.** Try a protein shake, eggs, or use one of the breakfast recipes in the meal plan.
- **Supplements.** Take appropriate morning supplements with breakfast.
- **Journaling.** Record what you ate and how you felt.
- **Midmorning snack.** Refer to the meal plan on pages 315–319 for options.
- **Journaling.** Record what you ate and how you felt.
- **Lunch.** Try one of the quick meals I provide on pages 155–156 or in the meal plan.
- **Journaling.** Record what you ate and how you felt.
- **Midafternoon snack.** Refer to the meal plan on pages 315–319 for options.
- **Journaling.** Record what you ate and how you felt.
- **Dinner.** Use one of the quick meals outlined on pages 155–156 or in the meal plan.
- **Supplements.** Take appropriate evening supplements with dinner.
- **Journaling.** Record what you ate and how you felt. Think about how your experience with food impacted your day. What improvements do you see in your energy, your ability to focus? How does your body feel different? How do these changes make you feel?

Week 3 Daily Check list

- **Wake up 1 hour before breakfast.** Engage in a physical activity you enjoy.
- **Morning relaxation.** Begin your day with belly breathing. You can do visualization or a restorative yoga sequence if you have time. You can also do this before dinner or before bed.
- **Breakfast.** Try a protein shake, eggs, or use one of the breakfast recipes in the meal plan.

- **Supplements.** Take appropriate morning supplements with breakfast.
- **Journaling.** Record what you ate and how you felt.
- **Midmorning snack.** Refer to the meal plan on pages 315–319 for options.
- **Journaling.** Record what you ate and how you felt.
- **Right before lunch.** Do belly breathing.
- **Lunch.** Try one of the quick meals I provide on pages 155–156 or in the meal plan.
- **Journaling.** Record what you ate and how you felt.
- **Midafternoon snack.** Refer to the meal plan on pages 315–319 for options.
- **Journaling.** Record what you ate and how you felt.
- **Right before dinner.** Do belly breathing.
- **Dinner.** Try one of the quick meals outlined on pages 155–156 or in the meal plan.
- **Supplements.** Take appropriate evening supplements with dinner.
- **Journaling.** Record what you ate and how you felt. Think about how your experience with food impacted your day. What improvements do you see in your energy, your ability to focus? How does your body feel different? How do these changes make you feel?
- **Relaxation before bed.** Do belly breathing, and try another deep relaxation technique such as the UltraBath or restorative yoga.

Week 4 Daily Check list

- **Wake up 1 hour before breakfast.** Engage in a physical activity you enjoy.
- **Morning relaxation.** Begin your day with belly breathing. You can also do visualization or a restorative yoga sequence if you have time.
- **Stretch.** Do 30–60 minutes of full-body stretching at least twice a week.
- **Breakfast.** Try a protein shake, eggs, or use one of the breakfast recipes in the meal plan.
- **Supplements.** Take appropriate morning supplements with breakfast.
- **Journaling.** Record what you ate and how you felt.
- **Midmorning snack.** Refer to the meal plan on pages 315–319 for options.
- **Journaling.** Record what you ate and how you felt.
- **Right before lunch.** Do belly breathing.
- **Lunch.** Try one of the quick meals I provide on pages 155–156 or in the meal plan.
- **Journaling.** Record what you ate and how you felt.
- **Midafternoon snack.** Refer to the meal plan on pages 315–319 for options.
- **Journaling.** Record what you ate and how you felt.
- **Late afternoon:** Do 30 minutes of exercise nearly every day (start with fast walking).
- **Right before dinner.** Do belly breathing.
- **Dinner.** Try one of the quick meals outlined on pages 155–156 or in the meal plan.
- **Supplements.** Take appropriate evening supplements with dinner.
- **Journaling.** Record what you ate and how you felt. Think about how your experience with food impacted your day. What improvements do you see in your energy, your ability to focus? How does your body feel different? How do these changes make you feel?
- **Relaxation before bed.** Do belly breathing, and try another deep relaxation technique like the UltraBath or restorative yoga.

Week 5 Daily Check list

- **Wake up 1 hour before breakfast.** Engage in a physical activity you enjoy.

- **Morning relaxation.** Begin your day with belly breathing. You can also do visualization or a restorative yoga sequence if you have time.
- **Stretch.** Do 30–60 minutes of full-body stretching at least twice a week.
- **Drink filtered water.** Drink at least eight 8-ounce glasses a day.
- **Get your fluids moving.** Remember the 4 “P’s” (page 248).
- **Breakfast.** Try a protein shake, eggs, or use one of the breakfast recipes in the meal plan.
- **Supplements.** Take appropriate morning supplements with breakfast.
- **Journaling.** Record what you ate and how you felt.
- **Midmorning snack.** Refer to the meal plan on pages 315–319 for options.
- **Journaling.** Record what you ate and how you felt.
- **Right before lunch.** Do belly breathing.
- **Lunch.** Try one of the quick meals I provide on pages 155–156 or in the meal plan.
- **Journaling.** Record what you ate and how you felt.
- **Midafternoon snack.** Refer to the meal plan on pages 315–319 for options.
- **Journaling.** Record what you ate and how you felt.
- **Late afternoon.** Do 30 minutes of exercise nearly every day (start with fast walking).
- **Right before dinner.** Do belly breathing.
- **Dinner.** Try one of the quick meals outlined on pages 155–156 or in the meal plan.

Week 6 Daily Check list

- **Wake up 1 hour before breakfast.** Engage in a physical activity you enjoy.
- **Morning relaxation.** Begin your day with belly breathing. You can also do visualization or a restorative yoga sequence if you have time.
- **Stretch.** Do 30–60 minutes of full-body stretching at least twice a week.
- **Drink filtered water.** Drink at least eight 8-ounce glasses a day.
- **Get your fluids moving.** Remember the 4 “P’s” (page 248).
- **Personalize the program.** Add the necessary personalization steps from Chapter 24.
- **Breakfast.** Try a protein shake, eggs, or use one of the breakfast recipes in the meal plan.
- **Supplements.** Take appropriate morning supplements with breakfast.
- **Journaling.** Record what you ate and how you felt.
- **Midmorning snack.** Refer to the meal plan on pages 315–319 for options.
- **Journaling.** Record what you ate and how you felt.
- **Right before lunch.** Do belly breathing.
- **Lunch.** Try one of the quick meals I provide on pages 155–156 or in the meal plan.
- **Journaling.** Record what you ate and how you felt.
- **Midafternoon snack.** Refer to the meal plan on pages 315–319 for options.
- **Journaling.** Record what you ate and how you felt.
- **Late afternoon:** Do 30 minutes of exercise nearly **Dinner.** Try one of the quick meals outlined on pages 155–156 or in the meal plan.
- **Supplements.** Take appropriate evening supplements with dinner.
- **Journaling.** Record what you ate and how you felt. Think about how your experience with food and personalizing the program impacted your day. What improvements do you see in your energy, your ability to focus? Does your body feel different? How do these changes make you feel?
- **Relaxation before bed.** Do belly breathing, and try another deep relaxation technique such as the UltraBath or restorative yoga.