

# My Whole Foods Diet Plan

Most people have a core diet limited to 20 to 30 base foods, including snacks. Think about your current diet and identify the 20 foods you eat most frequently. If the food fits in any of the healthy food categories described in Step 6 of *Brain-Powered Weight Loss*, give it a check. If not, mark it with an X. If you've marked it with an X, try and think of a healthier preparation option and list it below.

MY TOP 20 FOODS		METHOD OF PREPARATION		HEALTHIER PREP OPTION
1. Apples and Peanut Butter		Green apple with Skippy Peanut Butter	X	Buy fresh grind peanut butter from the store that does not have added sugar in it.
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