

# Freedom Eating: Week 3/Day 1

TODAY, I AM UPGRADING MY LIFE

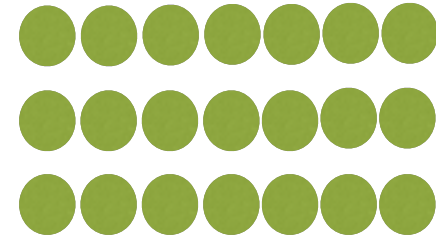


## Morning Checklist

- Gratitude for  
five specific  
blessings  
from yesterday
- Lemon water
- Stretching
- Deep breathing
- I am affirmation

## Daily Water Intake

Each circle represents an 8 oz. glass



## Evening Checklist

	breakfast	snack	lunch	snack	dinner
greens					
other veggies					
whole grains					
fruits					
beans/legumes					
seeds/nuts/oils					
dairy					
animal meat					
other beverages					

Today, I crowded out:

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Anything I would change about today?

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- Hugs & Kisses
- Exercise/movement
- Dry brush
- Quiet time
- Laughter
- Fresh air/sunshine
- I am affirmation
- Aromatherapy/  
Other self-care practice

**Goal for tomorrow: Tomorrow, I...**

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# Freedom Eating: Week 3/Day 2

TODAY, I AM UPGRADING MY LIFE

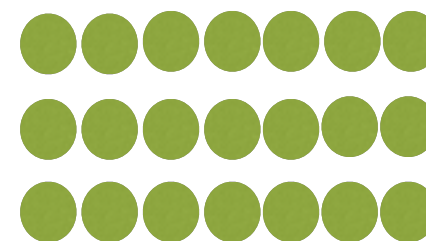


## Morning Checklist

- Gratitude for five specific blessings from yesterday   
 ●
- Lemon water   
 ●
- Stretching   
 ●
- Deep breathing   
 ●
- I am affirmation   
 ●

## Daily Water Intake

Each circle represents an 8 oz. glass



## Evening Checklist

	breakfast	snack	lunch	snack	dinner
greens					
other veggies					
whole grains					
fruits					
beans/legumes					
seeds/nuts/oils					
dairy					
animal meat					
other beverages					

Today, I crowded out:

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Anything I would change about today?

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- Hugs & Kisses   
 ●
- Exercise/movement   
 ●
- Dry brush   
 ●
- Quiet time   
 ●
- Laughter   
 ●
- Fresh air/sunshine   
 ●
- I am affirmation   
 ●
- Aromatherapy/  
Other self-care practice   
 ●

**Goal for tomorrow: Tomorrow, I...**

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# Freedom Eating: Week 3/Day 3

TODAY, I AM UPGRADING MY LIFE

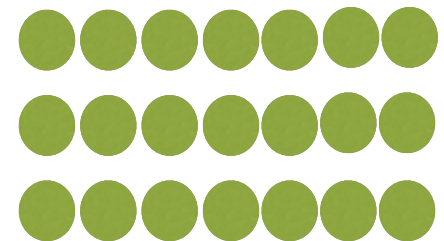


## Morning Checklist

- Gratitude for  
five specific  
blessings  
from yesterday
- Lemon water
- Stretching
- Deep breathing
- I am affirmation

## Daily Water Intake

Each circle represents an 8 oz. glass



## Evening Checklist

	breakfast	snack	lunch	snack	dinner
greens					
other veggies					
whole grains					
fruits					
beans/legumes					
seeds/nuts/oils					
dairy					
animal meat					
other beverages					

Today, I crowded out:

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Anything I would change about today?

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- Hugs & Kisses
- Exercise/movement
- Dry brush
- Quiet time
- Laughter
- Fresh air/sunshine
- I am affirmation
- Aromatherapy/  
Other self-care practice

**Goal for tomorrow: Tomorrow, I...**

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# Freedom Eating: Week 3/Day 4

TODAY, I AM UPGRADING MY LIFE



## Morning Checklist

- Gratitude for  
five specific  
blessings  
from yesterday
- Lemon water
- Stretching
- Deep breathing
- I am affirmation

### Daily Water Intake

Each circle represents an 8 oz. glass

## Evening Checklist

	breakfast	snack	lunch	snack	dinner
greens					
other veggies					
whole grains					
fruits					
beans/legumes					
seeds/nuts/oils					
dairy					
animal meat					
other beverages					

**Today, I crowded out:**

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**Anything I would change about today?**

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- Hugs & Kisses
- Exercise/movement
- Dry brush
- Quiet time
- Laughter
- Fresh air/sunshine
- I am affirmation
- Aromatherapy/  
Other self-care practice

**Goal for tomorrow: Tomorrow, I...**

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# Freedom Eating: Week 3/Day 5

TODAY, I AM UPGRADING MY LIFE



## Morning Checklist

- Gratitude for  
five specific  
blessings  
from yesterday
- Lemon water
- Stretching
- Deep breathing
- I am affirmation

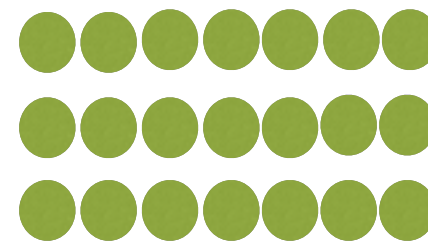
## Evening Checklist

	breakfast	snack	lunch	snack	dinner
greens					
other veggies					
whole grains					
fruits					
beans/legumes					
seeds/nuts/oils					
dairy					
animal meat					
other beverages					

- Hugs & Kisses
- Exercise/movement
- Dry brush
- Quiet time
- Laughter
- Fresh air/sunshine
- I am affirmation
- Aromatherapy/  
Other self-care practice

## Daily Water Intake

Each circle represents an 8 oz. glass



Today, I crowded out:

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Anything I would change about today?

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**Goal for tomorrow: Tomorrow, I...**

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# Freedom Eating: Week 3/Day 6

TODAY, I AM UPGRADING MY LIFE



## Morning Checklist

Gratitude for five specific blessings from yesterday



Lemon water



Stretching



Deep breathing



I am affirmation

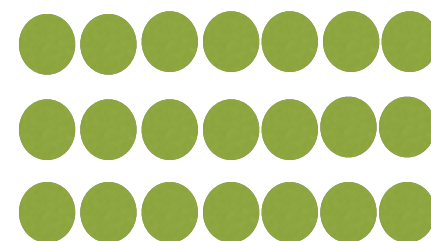


## Evening Checklist

	breakfast	snack	lunch	snack	dinner
greens					
other veggies					
whole grains					
fruits					
beans/legumes					
seeds/nuts/oils					
dairy					
animal meat					
other beverages					

## Daily Water Intake

Each circle represents an 8 oz. glass



Today, I crowded out:

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Anything I would change about today?

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- Hugs & Kisses
- Exercise/movement
- Dry brush
- Quiet time
- Laughter
- Fresh air/sunshine
- I am affirmation
- Aromatherapy/  
Other self-care practice



Goal for tomorrow: Tomorrow, I...

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# Freedom Eating: Week 3/Day 7

TODAY, I AM UPGRADING MY LIFE



## Morning Checklist

- Gratitude for five specific blessings from yesterday
- Lemon water
- Stretching
- Deep breathing
- I am affirmation

## Evening Checklist

	breakfast	snack	lunch	snack	dinner
greens					
other veggies					
whole grains					
fruits					
beans/legumes					
seeds/nuts/oils					
dairy					
animal meat					
other beverages					

- Hugs & Kisses
- Exercise/movement
- Dry brush
- Quiet time
- Laughter
- Fresh air/sunshine
- I am affirmation
- Aromatherapy/  
Other self-care practice

**Goal for tomorrow: Tomorrow, I...**

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### Daily Water Intake

Each circle represents an 8 oz. glass

**Today, I crowded out:**

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**Anything I would change about today?**

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