

Weekly Check-In Health and Dietary Inventory

Name: _____ Date: _____

Current symptoms you are experiencing

Rate on a scale of 1-10. (1=no problems/symptoms 10=daily symptoms / severe)

Explain your symptoms:

1-10	Energy Level: ----- -----
	Sleep Quality (restful, restless, wake up often, hard to get to sleep, etc?): ----- -----
	Mental Focus (poor concentration, anxiety, depression, wired feeling, etc..?): ----- -----
	Joint Comfort (pain, swelling, stiffness, etc.?) ----- -----
	Skin (acne, rashes, hives, eczema, psoriasis, very dry, etc.?) ----- -----
	Heart Health (pain in chest, palpitations, etc.?): ----- -----
	Digestive System (burping, bloating, reflux, gas, nausea or pain?) ----- -----
	Male/Female organs ----- -----
	Pain level (where is the pain and how bad is it?) ----- -----
	Elimination (how often are your bowel movements? 1 x day, 2-3 x a day, or do you skip days?) ----- -----
	Allergies (foods, environmental, pollen, grasses, chemicals, etc.?): ----- -----
	Immune system (frequent colds, other infections, get sick easily?) ----- -----

Current weight: _____ Blood pressure: _____ Blood sugar: _____

Other health concerns : _____

Check the box that best describes your overall health changes since your last visit

Better	Much Better	The same	Worse	Much worse
<input type="checkbox"/>				

What has improved since the last class?

What have been your biggest challenges since our last class?

What have been your biggest wins since our last class?

On a scale of 1-10, how would you rate your effort since our last class?

** 1= I didn't put in any effort, 10= I made my best effort

What would help you be more successful in implementing the recommended lifestyle/
dietary changes?

How are you going to make sure you make that happen?

Real-Life Situations

EATING OUT

Eating out is about making the best food choices you can under the circumstances.

- Guideline #1 is: Avoid bread or appetizers. Do not eat the bread that is served as an appetizer because it is usually made with enriched flour. Most appetizers are not healthy options. Depending on the type of restaurant, the safest bet is to skip the appetizer and just start with a salad. If you are starving, you can munch on some the nuts you have stashed away in your car before going to the restaurant. This will take the edge off your hunger.
- Guideline #2: Keep it simple. For the main meal, keep it simple and order grilled meat or fish and 1 or 2 vegetable side dishes. Or have an entrée salad without the cheese and croutons. Or you could order several of the vegetable side dishes.
- At a Mexican restaurant, you could order fajitas and put the meat, grilled peppers, and onions on a bed of lettuce, and top it with salsa, beans, and guacamole, leaving off the tortillas and cheese. It is basically a fajita salad and is so delicious you will not even miss the tortillas.
- Guideline #3: Avoid all sauces, gravies, and soups because they are usually loaded with MSG and can contain other problematic ingredients, such as enriched flour. Salad dressings can also be a source of unhealthy fats and MSG. Pick a vinaigrette or ask for vinegar and olive oil instead.
- Guideline # 4: Avoid fried food. Stay away from anything breaded and fried, no matter what it is. Fried foods are very hard to digest and are loaded with harmful fats.
- Guideline # 5: When you are at restaurants or other social events, eat what you can and always bring an 80% chocolate bar that you can eat for dessert without feeling deprived.

ETHNIC RESTAURANTS: WHAT TO EAT AND WHAT TO AVOID

What to eat at Chinese restaurants

- Steamed vegetables with steamed shrimp or chicken
- Steamed vegetables with brown rice (with a small amount of plum sauce, if desired)

What to avoid at Chinese restaurants

- MSG
- Dumplings (white flour)
- Fried items
- White and fried rice
- Thick sauces
- Heavy meats (such as beef or pork, cheap cuts prepared in low-quality sauces)

What to eat at Japanese restaurants

- Avocado, cucumber, or other vegetarian roll
- Sashimi (no rice)
- Fish entrée (no starch)
- Seaweed salad or house salad with ginger dressing
- Miso soup
- Japanese mixed vegetable plate
- Vegetable sukiyaki

What to avoid at Japanese restaurants

- Fish rolls (combining flesh protein with rice)
- Soy products (occasionally they are okay but should not be consumed with regularity)
- Tempura

Real-Life Situations

What to eat at Italian restaurants

- Always begin with a mixed green salad with a natural vinaigrette
- Whole wheat pasta
- Marinara, puttanesca, tomato, or broth-based primavera sauces
- Grilled fish or other seafood
- Baked, grilled, or rotisserie chicken
- Vegetable plate (may contain some sautéed vegetables for extra flavor, but ask that only minimal amounts of oil are used)

What to avoid at Italian restaurants

- Cream sauces
- White pasta
- White bread
- Gnocchi
- Breaded meats
- Starchy sauces
- Very oily vegetables

What to eat at Indian, Thai, and Malaysian restaurants

- Curried vegetables or other low-oil vegetables
- Brown rice
- Any grilled, seared, or steamed seafood

What to avoid at Indian, Thai, and Malaysian restaurants

- Fried or battered dishes
- White rice
- Poorly combined dishes

What to eat at Middle Eastern restaurants

- Grilled vegetable kabob
- Baba ghanouj
- Whole wheat pita or vegetarian gyros
- Greek-style salad
- Tabouleh
- Hummus
- Grilled or seared fish or lamb

What to avoid at Middle Eastern restaurants

- Meat gyros
- Couscous
- Fried and battered dishes

EATING RAW ON A LIMITED BUDGET

Eating out is about making the best food choices you can under the circumstances.

Inexpensive Transition Foods :

Carrot soup and other vegetable soups Sweet potatoes

Sprouted grain bread products, Brown rice and other whole grains

Inexpensive Raw Food Products:

Raw almonds and walnuts Organic raisins and apples Banana and almond butter shakes

Tahini-based salad dressings and shakes Avocados Dates

Real-Life Situations

THE OFFICE

- Bring a bag of fresh fruits into the office every day.
- Bring your dressings
- Keep nuts, dried fruit, and raw treats in a file drawer
- Have a plan for office gatherings
- Learn to say “no.”

DINING AT PRIVATE HOMES, SOCIAL EVENTS, AND GATHERINGS

- Properly combine your meal.
- Look for the Veggies and side salad
- Offer to bring a dish
- Don't get hung up on dogma

DINING AT PRIVATE HOMES, SOCIAL EVENTS, AND GATHERINGS

- Always start the meal with a raw salad, which you can always bring with you even if you're the only one that ends up eating it.
- Enjoy plenty of raw corn. Cooked corn is a starch, but raw corn is neutral and may be enjoyed with both starch and flesh. It's sweet, crunchy, hydrating, and filling. If you like raw corn (as many people do), simply ask that a couple of cobs be put aside for you.
- Chicken, beef, and fish can all be safe options when cleanly prepared with, say, just a little barbeque sauce on the grill. Condiments like barbeque sauce, curry sauce, and even a little ketchup are not going to interfere with this diet unless you eat them on a daily basis.
- Don't eat fruit after the meal. (If fruit is available early on, you may eat it as your first course.)

Bring a Green & Black 70-percent chocolate bar or a raw treat with you for dessert!

HOLIDAYS AND SPECIAL OCCASIONS

Make the best food choices you can in these situations and remember that it is what you do 90% of the time that is important.

- keep those indulgences confined to the holidays, not the entire month of December.
- It's all about food ratios. If you eat a lot of raw veggies with a small steak, it will digest a lot easier and you will feel a lot better than if you eat a large steak with bread or potatoes with no raw vegetables.
- When you do indulge, rather than eating the entire pie or dessert, just have a few bites. Or have some fruit along with it
- Take the time to savor those few bites, rather than mindlessly eating the entire thing!

FOOD AS MEDICINE

As you listen to your body, you will discover that certain foods may make you feel better than others. If need to lose weight, you might find eating a higher percentage of raw foods, such as 80-90% raw, will enable the stubborn weight to fall off. If you have IBS or digestive problems, you might find eating more soups, broths, and fermented foods are most beneficial to your body. Those with weak digestion should not eat proteins at the same meal with starches or bread. People with adrenal issues should not eat fruit or smoothies for breakfast, but later in the day is usually fine. Pay attention to your body to learn what is best for you.

HEALTHY EATING TIPS FOR FAMILIES

Changing your whole family's eating habits overnight is likely to cause loud opposition. No one likes having favorite foods snatched away. Instead, proceed gradually and use positive motivation rather than saying how bad those foods are for you. If you tell a teenager to quit eating junk food so his schoolwork will improve, he is not likely to change.

But if you guarantee more stamina for sports and less acne, you will probably get results.

- Start fixing delicious healthy food, like raw chocolate brownies, and let them try them without making a big deal about how healthy it is. When you provide great tasting alternatives, you will win them over much easier. It takes time for tastes to change, so go very gradually and start fixing better versions of their favorites.
- When changing to healthier ingredients in your cooking, you can mix the whole grain flour with white flour, rather than going right to whole grains, which may incur protests from family members. If you start with just 1/3rd whole grain, and 2/3rds white flour and slowly increase the fraction of whole grain flour over time, usually no one will notice the change. The same can be done for other foods.
- Keep healthy snacks on hand and accessible at all times: bowls of fruit on the table, raw nuts and dried fruit, homemade snacks, etc.. Even when you go out, be sure to bring some trail mix or raw nuts so you are not tempted to eat fast food because you are so hungry.
- For young children accustomed to sugar, switch to raw honey or agave. If they are resistant to eating vegetables, add a bit of honey to them until they grow accustomed to healthier foods, then gradually reduce the honey slowly over time.
- Get more vegetables into your children by adding them to soups and pureeing them, adding shredded carrots and zucchini to meat dishes, and even adding them to baked goods.
- Involve your child. Let the child get involved in shopping for healthy foods. Let them choose a few items from a health food store. Let them pick out natural sweet treats to have. This gives them more control over the changes that are being made to their diet. Let them get involved in mealtime preparations- make it fun.
- Allow the child to pick and choose what he would like to eat from what you have available. If a food is not liked by his taste buds, things may change over time. Try that food again in a few weeks or months to see if they like it.
- If a child refuses to try the food you prepared, you may want to try the "one bite to be polite" rule. The hope is that after a bite he will decide that he likes it and will eat more or at least tolerate it without complaining. When this happens, give them praise. As their taste buds change and adapt, they will find that they will start to eat these foods. But if they take the bite and truly dislike the food, acknowledge his effort and do not force them to eat the food. Allow them to eat something else in the meal you prepared. The "one bite to be polite" lesson will also teach children to show love and respect to the person who has prepared the meal.
- Avoid being too restrictive. While we shouldn't let our children eat whatever they want all the time, we shouldn't be too restrictive either. We can control what they eat for a short time, but eventually, they will be exposed to junk foods. A parent's attitude about food can affect what kids will do when they grow up. If you are feeding them foods with high nutritional value most of the time, you can allow occasional treats without worry.
- Go beyond, "Because it's good for you". It is not helpful to put "good" and "bad" labels on foods. Get more specific when you talk about certain foods. For example, "white bread zaps energy from our bodies", "sugar can cause cavities and damage our teeth", "fish makes us smart", "spinach makes us strong" or "this food makes us healthy and strong, but this food can make us sick".
- You are going against "the flow" when you eat better food. Your child will be offered candy and sweets at nearly every turn in our society. You need to be prepared for this and have a game plan. In our house, we let our child trade in the candy she gets at school or church for a toy or for other healthy treats I try to have on hand from the health food store. We let the church or school know we would rather she get stickers or toys instead of candy. While we do let her have some candy occasionally, we have found that when it is eaten more frequently, cravings for more sugar start happening. It really can be addictive. So, keep it to a minimum as best you can.
- It may feel like a battle keeping your family eating healthy in this world, but don't make it a big deal and don't make it feel like a battle. Remember, food is what gives us our nourishment. The most healthy meal eaten with hostility is counter-productive to health. Meals are meant to be shared with love and fellowship with those we have a relationship with. Don't let food bring division into your family. Those relationships are just as important to your health and wellbeing as the food you prepare.

HEALTHY TO GO LUNCHBOX IDEAS FOR KIDS AND ADULTS

So when you are on the go and you can have some pre-planned meals on hand to take with you to work or send with your kids to school. A well-balanced to-go meal or work or school lunch would look like this, have a main entrée item, a side item, and a snack. Pick one item from the first group and 2 from the second group to pack for lunch.

Main Dish

- A sandwich or wrap made with 100% whole grain bread can include these fillings:
- Almond butter (or other nut butter) and raw honey or banana
- Nitrate-free natural deli meat and lettuce, avocado, tomato, etc..
- Grilled cheese
- Chicken Salad
- Egg salad
- Raw cheese and natural pepperoni
- Refried beans and raw cheese
- Hummus and lettuce or spinach
- Another option is leftovers or soup in a thermos.

Side Items/Snacks

- Applesauce
- Fresh fruit or fruit leathers
- Gluten-free or whole grain cookies or bars, such as Larabars
- Trail mix or granola
- Dates Candy (page 179)
- Raw vegetables cut up with a dip or hummus
- Vegetable or bean salad
- Gluten-free or whole grain crackers and raw cheese
- Yogurt (dairy, or non-dairy yogurt)
- Beef jerky
- Gluten-free or wholegrain brownies, muffins, banana bread, etc...

Week 2 shopping list

Produce:

- Bananas: 1 bunch
- Mango: 2
- Apples: 1 large bag
- Berries: 1 lb
- Spinach: 1 bag
- Avocados: 3-4 ripe
- Red Onion: 1
- Lettuce: 2 containers
- Yellow onion: 1 bag
- Carrots: 1 lb. bag
- Celery, 1 bag
- Yellow squash: 1 lb.
- Tomatoes: 4 large
- Garlic: 1 head
- Zucchini: 6
- Lemon: 1
- Mung bean sprouts
- Green onions: 1 bunch
- Romaine lettuce: 2-3
- Broccoli: 1 bunch
- Fresh Basil, 1 bunch
- Snow peas, 1 lb.
- Asparagus, 1 lb.

Meat:

- Salmon fillets, fresh or frozen: 2 lbs.
- Beef or Buffalo, ground: 2 lbs.
- Turkey, ground, organic: 1-2 lbs.
- Chicken, thighs: 4 lbs.
- Chicken, whole: for broth

Dry Goods:

- Agave nectar
- Vanilla Extract
- Cinnamon
- Almond butter: 1 jar
- Coconut Milk: 1 can
- Walnuts: 1 bag
- Trail mix: 1-2 cups
- Cashews: 1 bag
- Red wine vinegar: 1 bottle
- Olive oil: 1 bottle
- Basil: dried, 1 jar
- Onion powder: 1 jar
- Dates: Medjool, 1 package
- Lentils, 1 lb.
- Black olives
- Garlic powder: 1 jar
- Tarragon, 1 jar
- Cumin: 1 jar
- Chili powder: 1 jar
- Dijon mustard
- Coconut oil: 1 jar
- Apple cider vinegar: raw, 1 bottle
- Whole grain bread: gluten free preferably
- Bars, such as LaraBars, etc..
- Popcorn: organic
- Salsa: fresh or in a jar
- Tomatoes, canned: 3 cans
- Kidney beans, canned: 1
- Garbanzo beans, canned: 1

Dairy:

- Eggs: 1 dozen
- Feta cheese, 5 oz.

Frozen goods:

- Peas, frozen: 1 bag

Menu is portioned for 1-3 servings so adjust accordingly

Week 2 Menu:

	Breakfast	Lunch	Dinner
Mon	Banana Nut smoothie Snack: apple and cashews	Greek Salad with hard boiled eggs	Tarragon Chicken, steamed broccoli, and a salad
Tue	Mango Smoothie Snack: Popcorn	Leftover chicken on mixed greens and vinaigrette	Asian Garlic Salmon, snow peas, and asparagus
Wed	Fresh fruit and a raw food bar Snack: Trail mix and an apple	Leftover salmon on mixed greens with mung bean sprouts and a vinaigrette	Tacos With guacamole And salsa (soak lentils)
Thu	Berry and Banana smoothie Snack: Raw bar and some fruit	Spinach salad with hard boiled eggs, avocado, walnuts, and vegetables	Lentil Soup

Fri	Almond butter on toast and fresh fruit Snack: apple and cashews	Leftover lentil soup and a salad	Spaghetti
Sat	Banana Nut Smoothie Snack: berries with coconut cream	Egg salad on a bed of greens	Skip's Chicken, Zucchini and onions, and sliced tomatoes
Sun	Fritatta Snack: apple and trail mix	(Use leftover chicken bones to make broth) Chicken salad on lettuce greens	Italian Vegetable Soup with bread and a salad

Recipes are found in your Vibrant Health Cookbook

Food Preparation Schedule

When you get home from the grocery store:

1. Make a salad dressing to use for the week or just keep it simple and dress the salads with a bit of balsamic vinegar, olive oil, and sea salt.
2. The Tarragon Chicken and the Asian Garlic Salmon can be made ahead of time if necessary to save time during the week.
3. Hard boil some of the eggs for use in egg salads and the Greek salad during the week.
4. You will need to soak the lentils in water overnight on Wednesday so they are much easier to cook on Thursday.
5. Skip's Chicken is a perfect meal for the weekend as it can just slowly cook on the stove for several hours while you go about your day.
6. Save all the bones from the chicken thighs and on Sunday, you can put them in a stockpot and make chicken stock. Add more chicken to make a larger quantity.

The evening meals can be cooked each night if that works for your schedule or you can cook two times each week by cooking half of the meals each time.



7- DAY CHALLENGE

1:

MENUE PLAN THIS WEEKS MEALS

Use the week 2 menu plan, shopping list, and prepping guide. This can be found on pages 75 and 76 of this workbook.

Recipies are found in your Vibrant Health Cookbook

2:

DO NOT DEVIATE FROM THE RECIPIE BOOK.

Make all your meals and snacks this week from the recipe book.

3:

WATCH DOCUMENTARY FOOD AS MEDICINE

Watch this documentary with your friend or family.
post fun picture on our chat of this event.

