

Your Food Test

Cheat Sheet

✔ Step #1

Weigh yourself first thing in the morning & record.

✔ Step #2

Eat 1 red food at 1 meal.

✔ Step #3

Weight yourself first thing the next morning & record.

✔ Step #4

Use the chart below to determine if your red is ready to be a part of your life again. If it is, be sure to rotate, or risk reacting again.

What Happened Day 2?

You lost weight

Yay! This food works for your body.

Your weight stayed the same

If you have weight to lose, it's likely there was a mild inflammatory response. Either pull this food out for another 2-4 week and test again, or only include in your diet 1x per week

Your weight went up .1-.4 lbs.

This is a mildly inflammatory food. It's not a weight loss food for you right now. Try testing again in 6-8 weeks to see if it works for your body.

Your weight went up .5+ lbs.

This is a highly inflammatory food for you. A weight gain food. The higher the weight gain, the more inflammatory. For now, best to leave out of your diet and test again in 8-12 weeks.