

## What do you usually eat?

It's a good idea to take stock of the general content of what you actually eat in terms of processed vs. whole foods. If processed foods make up more than 60% of your diet, you should consider getting familiar with more whole foods and using the ones you like to push the processed ones out.

*Resetting Normal* defines and describes whole foods in chapter on The Battle of Quality. This exercise fulfills Action #7.

If last week was typical of the meals you usually eat, write down approximately what you ate. If it wasn't (maybe you were on vacation or there was something special going on) then choose the last week that was typical. You don't have to be too specific.

Below is an example. There's an empty chart for you on the next page.

Meal/snack	Day of the week	Day of week	Day of week
	Monday	Tuesday	---
Breakfast	OJ; scrambled eggs; toast with butter; coffee	Protein bar; coffee	---
Snack	---	Strawberry yogurt	---
Lunch	2 slices pizza with pepperoni; Diet soda	2 fast-food chicken tacos; French fries; Diet soda	---
Snack	Raw carrots	---	---
Dinner	2 pieces ready-made roast chicken; small salad with low-fat Caesar Dressing; Frozen French fries; 2 cookies; Diet soda	2 slices meatloaf; mac & cheese; string beans; ice cream; water	---
Snack	Small bowl tortilla chips with salsa	Diet soda	---

## What I Usually Eat

Meal/snack	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Snack							