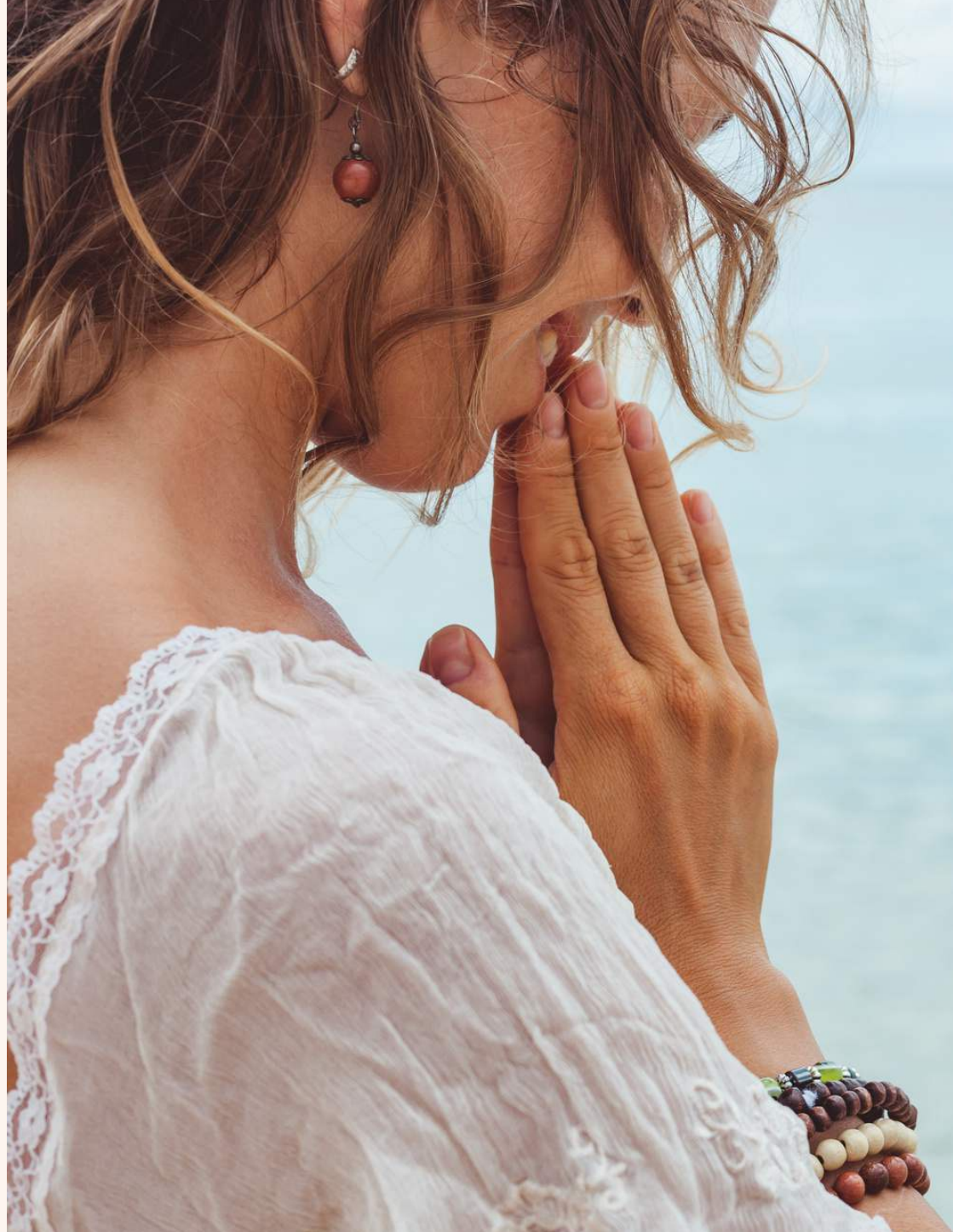


# WORKBOOK



## 60 DAY SURRENDER



[WWW.LIFEUNBINGED.COM](http://WWW.LIFEUNBINGED.COM)

# WELCOME

*Hi!*

I'm Kristy McCammon.

Most of my life was spent overweight and food obsessed.  
At my highest weight, I prayed a desperate prayer for God to  
help me with my food and weight struggle.  
Within a few hours, I came across the idea  
of "food boundaries" and realized that my  
rescue boat had arrived.

Placing boundaries around food; three abundantly delicious  
meals a day free from sugar and flour, along with daily time in  
God's Word allowed my brain to heal, the addiction to stop,  
and food to finally take its rightful place in my life.

I have maintained a 100 pound weight loss since 2018,  
unloaded tons of shame, and lost almost all mental food  
chatter. I now have a freedom I never even knew was possible..

I am honored that you have joined me on a  
Journey to Surrender as we break free from this vicious  
food/sugar addiction cycle.

# Getting Started

We know that getting started with a new program can be exciting and sometimes overwhelming! That's why we've created a getting started checklist to walk you through each step of beginning your Life Unbinged program.

## Community

- ☐ Join the Life Unbinged: Journey to Surrender Facebook group.
- ☐ Post an introduction in the Facebook community.
- ☐ Choose a time that you will check the Facebook group daily. There are new posts daily to help you on your 60 Day Journey!

## Course

- ☐ Download the Bonuses file which includes the 2-Week Meal Plan and Recipe book along with the Restaurant Guide and Weight Loss Tracker.
- ☐ Watch the Welcome Module (2 videos) and Module 1 (8 videos).
- ☐ Complete assignment "What is Your Why?" and "Temptation Plan."
- ☐ Download I Deserve a Donut App.

## Food Plan

- ☐ Print and review the food plan and found in the bonuses section of the course.
- ☐ Read the 2-Week Meal Plan ebook to get ideas for planning your meal.
- ☐ Plan your meals for the first few days and grocery shop for what you'll need.
- ☐ Purchase a digital food scale.
- ☐ Clean out your kitchen. Give away any non-compliant foods that might tempt you to eat off plan.
- ☐ Pray for God's guidance as you embark on your new food plan.
- ☐ Choose a day and start! Post in the Facebook community so we can cheer you on!

[illegible]

# Temptation Plan

List the Top 5 things you are going to do when you are tempted to eat off of your food plan

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

Examples:

Stop, Pray, Walk Away

5 Deep Breaths

Call or Text a friend

Write a Thank You Note

Serve Others

Go for a Walk

Have a 1 Minute Dance Party

[illegible]

# Module 2: Truth vs. Lies

## Action Steps

- ☐ Watch Module 2 (7 videos).
- ☐ Complete the Lies vs. Truth assignment.
- ☐ Spend some time reading and studying the “Who God Says I Am” Worksheet.
- ☐ Check in and post in the Facebook support group. Look for the Wednesday Wisdom post for this week.
- ☐ Look for the “Buddy Post” going up this week and find someone to connect with and pray for during your 60 Day Course.
- ☐ Bonus: Complete one or more of the journaling suggestions on the following page.

## Digging Deeper in the Word

### *Mentioned in Module 2*

Galatians 5:13  
Philippians 1:6  
Psalm 139:14  
Galatians 1:10  
Matthew 6:34

### *More Verses to Consider*

2 Corinthians 10:5  
Romans 12:1-2  
Ephesians 4:1  
Galatians 6:4  
Phillippians 4:13

## Module 2: Truth vs. Lies

### Journaling Prompts

Which lie from the Truth vs. Lies assignment was hardest for you to acknowledge or share? Journal about where you think that particular lie came from, and why it's no longer something you want to hold on to.

-----

In what ways are tempted to compare yourself to others? Do you think your comparisons are always fair? Why or why not?

-----

Imagine being questioned by a friend who wants to know why you aren't eating sugar anymore. Write out a brief explanation about why you are eating with food boundaries and how this person can help support you.

-----

Write a prayer asking God to help you surrender just for today. What worries or fears keep you from truly taking this program one day at a time? Pray about those things and take time to surrender each one to the Lord.

-----

### Quote from Kristy

“What do we need to do today? Today we need to lay our burden of food, food obsession, and weight at the feet of Jesus. Today we need to win this battle with His help.”

*-Module 2, One Day At a Time*



Lie - You will never succeed.

List all of the negative words, phrases, and lies you tell yourself  
Try to become aware of the voices in your head

[illegible]

*It's time to start replacing the lies with the truth*

# Truth - You are Loved

Search the Bible (and Google) and make a list of all the things God calls you.  
You are loved, you are valuable, you are worthy.....

[illegible]

Read this list everyday

# Who God says I am

## *Biblical Truths*

### **I AM GOD'S...**

- child John 1:12
- workmanship Ephesians 2:10
- friend James 2:23
- temple 1 Cor 3:16/ 6:19
- vessel 2 Timothy 2:21
- co-laborer 1 Timothy 5:18
- witness Acts 1:8
- soldier 2 Timothy 2:3
- minister/instrument Acts 26:16 / 1 Tim 4:6
- chosen Ephesians 1:4
- beloved Romans 1:7/ 2 Thess 2:13
- precious jewel Malachi 3:17
- heritage 1 Peter 5:3

### **I HAVE BEEN...**

- redeemed by the blood Rev 5:9
- set free from sin /condemnation Rom 8:1-2
- set free from Satan's control Col 1:13
- set free from Satan's kingdom Eph 2
- forgiven of all my trespasses Col 2:13
- washed in the blood of the Lamb Rev 1:5
- given a sound mind 2 Timothy 1:7
- given the Holy Spirit 2 Cor 1:22
- adopted into God's family Romans 8:15
- justified freely by his grace Romans 3:24
- given all things pertaining to life 2 Pet 1:3
- given great and precious promises 2 Pet 1:4
- given ministry of reconciliation 2 Cor 1:22
- given authority over the enemy Lk 10:19
- given access to God Ephesians 3:12
- given wisdom Ephesians 1:8

### **I HAVE...**

- access to the Father Romans 5:2
- a home in heaven waiting for me Jn 14:1-2
- all things in Christ 2 Cor 5:17
- an anchor to my soul Hebrews 6:19
- a hope that is sure and steadfast Heb 6:19
- authority to tread on serpents Luke 10:19
- power to witness Acts 1:8
- the mind of Christ 1 Cor 2:16
- peace with God Romans 5:1
- faith as a grain of mustard seed Luke 17:6

### **I AM...**

- complete in him Colossians 2:10
- free forever from sin's power Romans 6:14
- loved eternally Romans 8:38-39
- eternally kept in the palm of his hand Jn 10:29
- kept from falling Jude 1:24
- not condemned Romans 8:1-2
- one with the Lord 1 Cor 6:17
- quickened by his mighty power Eph 2:1
- light in the darkness Matthew 5:14
- candle in a dark place Matthew 5:15
- city set on a hill Matthew 5:14
- salt of the earth Matthew 5:13
- his sheep Ps 23 / Psalms 100:3/ John 10:14
- a citizen of heaven 1 Peter 2:11
- hidden with Christ in God Psalms 32:7
- protected from the evil one 1 John 5:18
- kept by the power of God 1 Peter 1:5
- secure in Christ Jn 10:28-29
- set on a Rock Psalms 40:2
- more-than-a-conqueror Romans 8:37
- born again 1 Peter 1:23
- a victor 1 John 5:4
- covered by blood of Jesus Rev 12:11, 1 Pet 1:19
- sheltered under his wing Psalms 91:4
- hidden in secret place of the Almighty Ps 91:1

### **I CAN...**

- do all things through Christ Philp 4:13
- find mercy and grace to help Heb 4:16
- come boldly to the throne of grace Heb 4:16
- quench all the fiery darts Eph 6:16
- pray always and everywhere Luke 21:36
- defeat (overcome) the enemy Rev 12:11
- tread Satan under foot Rom 16:20

### **I CANNOT...**

- be separated from God's love Rom 8:35-39
- be perish or be lost John 10:28, John 3:16
- be moved Psalms 16:8
- be taken out of my Father's hand John 10:29
- be condemned 1 Cor 11:32

# Module 2 Notes

[illegible]

# Module 3: Live Like You Are Loved.

## Action Steps

- ☐ Watch Module 3 (6 videos).
- ☐ Complete the Goal Weight Goals assignment.
- ☐ Choose one of your goal weight goals to do this week.
- ☐ Check in and post in the Facebook support group. Share which goal weight goal you are going to do this week!
- ☐ Check in with your buddy. Which video from this week's module did she find most helpful?
- ☐ Put up a sign in your kitchen, or any other place where you will see it daily, as a reminder to, "Do the next right thing."
- ☐ Bonus: Complete one or more of the journaling suggestions on the following page.

## Digging Deeper in the Word

### *Verses to Consider*

1 Samuel 16:7  
Proverbs 31:30  
1 Peter 3:3-4  
2 Corinthians 3:17  
John 8:36

### *More Verses to Consider*

Galatians 5:1  
Galatians 5:13-14  
James 4:17  
Colossians 3:17  
James 1:22

# Module 3: Live Like You Are Loved.

## Journaling Prompts

What is your biggest fear that keeps your from pursuing your goal weight goals?  
What internal voices or beliefs prevent you from truly living like you are loved?

-----

Describe a time in your life when you felt truly free from the bondage of others opinions and expectations. What would change for you if you could experience that freedom in all parts of your life, including your food choices?

-----

Do you have a story of getting outside of your comfort zone? What did you do and what were the results? If not, what's one big dream you have that you would love to pursue one day?

-----

How can we overcome a stumbling block in our day by just doing the next right thing? Why is it so hard to repent or regroup when things don't go as planned? Pray and ask God for strength to take the next right step in every situation.

-----

## Quote from Kristy

“The weight drops off when we follow the boundaries, when we start living like we are loved, when we pull all the things together, *when we break off the chains.*”

-Module 3, *Getting Out of Our Comfort Zone*

## Goal Weight Goals

List everything you want to do when you get to goal weight

[illegible]

Pick 1-2 things to do right now or put on the calendar to do soon

[illegible]



# Module 4: The 10 Tools of Surrender

## Action Steps

- ☐ Watch Module 4 (11 videos).
- ☐ Complete the Food Addiction Behaviors assignment.
- ☐ Check in and post in the Facebook support group. Share your favorite Bible verse from this module.
- ☐ Check in with your buddy. Which tool does your buddy want to practice using more often?
- ☐ If you haven't already, choose a Bible reading plan or devotional book to work through daily.
- ☐ Bonus: Complete one or more of the journaling suggestions on the following page.

## Digging Deeper in the Word

### *Mentioned in Module 4*

Philippians 4:8-9  
Psalm 71:8  
Psalm 46:10  
James 4:10  
Proverbs 13:20

Proverbs 27:17  
1 Thessalonians 5:16  
Romans 13:14  
Matthew 6:24-25  
Isaiah 55:1-2

### *More Verses to Consider*

Romans 12:1-2  
Psalm 119:11  
Matthew 6:33  
Colossians 4:2  
Philippians 4:6

# Module 4: The 10 Tools of Surrender

## Journaling Prompts

Which of the 10 Tools of Surrender do you need more practice in applying?  
Which do you think are most important for you to focus on right now?

-----

In what ways have you tried to solve your food and weight problem on your own? What changes when you admit that your way wasn't working and you accept God's bigger and better plan for you?

-----

Make a list of all the reasons you are grateful for food boundaries. Review the list daily, giving thanks to God for each food boundary blessing. What do you think will change if you spend so much time being grateful for the food God has given you?

-----

How does the story of Jesus' temptation in the wilderness (Matthew 4) illustrate the importance of denying self? What principles do you see in this story that you can apply to your own life?

-----

## Quote from Kristy

“I will not seek comfort in what does not satisfy.  
Instead, I will delight in the abundance found in God.”

*-Module 4, Seeking God First*

# 10 Tools for Surrender

Renewing Our Mind  
Physical/Emotional Posture  
Be Still and Know  
Humility  
Reading & Memorizing  
God's Word  
Praying  
Connection  
Gratitude  
Denying Ourselves  
Seeking God First

[illegible]

[illegible]

# Food Addiction Behaviors

List all of the shameful behaviors you have done related to  
food/overeating

[illegible]

# Module 4 Notes

[illegible]

# Module 5: Defeating the Enemy

## Action Steps

- ☐ Watch Module 5 (9 videos).
- ☐ Complete the Draw a Picture assignment.
- ☐ Check in and post in the Facebook support group. Look for the post sharing the Armor of God Prayer.
- ☐ Check in with your buddy. How can you prayer for her this week?
- ☐ Practice taking five deep breaths before every meal this week and before making any food decisions.
- ☐ Bonus: Complete one or more of the journaling suggestions on the following page.

## Digging Deeper in the Word

### *Mentioned in Module 5*

John 10:10  
Ephesians 6:10-17  
John 10:10  
Matthew 26:41  
Romans 8:38

### *More Verses to Consider*

James 4:7  
1 Peter 5:8-9  
1 Timothy 6:6-7  
Isaiah 55:11  
Proverbs 25:28



# Module 5: Defeating the Enemy

## Journaling Prompts

What lessons do you learn from the reading the story of Eve in Genesis 3 that apply to your Life Unbinged journey?

-----

What lies does the enemy say to you? What voices run through your head that try to convince you to eat off your food plan? Write those thoughts out and then counter them with the truth.

-----

Who are the safe people in your life that will always give you sound advice? Are they fully supportive of your Life Unbinged program? Who can you turn to when you need help with making good food decisions?

-----

Fight through the bite! Imagine yourself being tempted to eat a small snack between meals or a small dessert after dinner. What would happen if you chose to eat off plan? Keep asking “then what?” and think through all the consequences that might come from that decision.

-----

## Quote from Kristy

“When we keep food temptation hidden, it grows bigger and bigger. When we expose it to the light, it becomes not a big deal... We all need a safe person we can talk to, a buddy, a spouse, a friend, who will always give us sound advice.”

*-Module 5, Eve's Weaknesses and Mistakes*

# Draw a Picture

Draw a picture of what it looks like when you are overeating or bingeing

What does it look and feel like when you are "in the food?"

Don't worry about your artistic skills, just get the idea on paper.

# Draw a Picture

Draw a picture of what it looks like when you are  
FREE from overeating or bingeing

What does it look and feel like when you are "out the food?"  
Don't worry about your artistic skills, just get the idea on paper.

# Module 5 Notes

[illegible]

# Module 6: Let Us Not Grieve the Holy Spirit

## Action Steps

- ☐ Watch Module 6 (9 videos).
- ☐ Complete the Letter to Food assignment.
- ☐ Check in with your buddy. Share your favorite meal ideas with one another this week.
- ☐ Check in and post in the Facebook support group. What's the best side effect from staying away from sugar? Look for this post and comment!
- ☐ Choose one verse from this module to memorize.
- ☐ Bonus: Complete one or more of the journaling suggestions on the following page.

## Digging Deeper in the Word

### *Mentioned in Module 6*

John 14:15  
Romans 8:26  
John 14:26  
Romans 5:3-5  
Romans 15:13  
John 16:12  
Ephesians 5:18

### *More Verses to Consider*

Ephesians 4:30  
John 10:27  
Romans 8:5-6  
Galatians 5:22-23  
1 Corinthians 6:19-20

# Module 6: Let Us Not Grieve the Holy Spirit

## Journaling Prompts

In what ways have you grieved the Holy Spirit with your eating?  
What were the personal consequences of those decisions?

-----

Where do you turn first when you need guidance? What things in your life are you quick to pray about? What things do you try to handle on your own?

-----

What actions do you need to take in order to fill your cup this week? More time in God's Word? More rest? More fun? As you pray, listen for the prompting and guiding of the Holy Spirit and notice any scripture He brings to mind.

-----

Write a prayer asking the Holy Spirit to help you make the right food choices this week, then be on the look out for His answer to that prayer.

-----

## Quote from Kristy

“When we feel depleted, or like our strength is gone and our willpower is dropping, we need to ask the Holy Spirit to fill us up. And He will! It's a promise. When we pause and seek, submit and surrender, the Holy Spirit will fill us.”

-Module 6, Fill Your Cup

[illegible]

[illegible]



# Module 7: Grace Upon Grace

## Action Steps

- ☐ Watch Module 7 (7 videos).
- ☐ Complete the Letter to God assignment.
- ☐ Choose a time for a daily reset, and set a reminder in your phone.
- ☐ Check in with your buddy. Commit to reaching out during your reset time each day this week to encourage one another.
- ☐ Check in and post in the Facebook support group. Choose one of the weekly small group follow-up posts to comment on.
- ☐ Bonus: Complete one or more of the journaling suggestions on the following page.

## Digging Deeper in the Word

### *Mentioned in Module 7*

1 Kings 18:21  
2 Kings 17:41  
Romans 5:8  
2 Corinthians 12:9  
Galatians 8:37

### *More Verses to Consider*

Joshua 24:14-17  
Proverbs 16:18  
John 5:30  
2 Corinthians 1:3-4  
Matthew 11:28-30  
Colossians 3:23-24

# Module 7: Grace Upon Grace

## Journaling Prompts

In this module Kristy shares her story of having “just one” piece of candy that spiraled into days of eating off plan. Do you have a “just one” story? Write about it. What lessons do you want to remember from that experience?

-----

In what ways do you see all-or-nothing thinking show up in your life? What would change about your food program if you adopted a standard of faithfulness instead of perfectionism?

-----

What time of day is hardest for you to stay on plan? Why do you think that time is particularly challenging? Think back on the 10 Tools of Surrender from Module 4. Which of those tools would help you stay on plan this week?

-----

Read through the Grace Upon Grace handout and take some time to write about a recent boundary break. Which of the steps is hardest for you to do? Why do you think it's so challenging?

-----

## Quote from Kristy

“Repeat after me: I’m not going to be perfect. And that’s okay! Let’s serve an audience of One...the One who is ready to comfort us and help us get stronger in Him.”

-Module 7, Live Like Jesus

# Grace Upon Grace

Surrendering is a process that takes time. We need to recognize that we have had a dysfunctional relationship with food in the past and can easily slip back into old habits and behaviors. Although overeating may seem harmless at first, it can quickly become a sin problem and lead us out of control and lead to overindulgence, lack of self control, turning to food for comfort, falling into temptation and further separating us from God. We will never be perfect, therefore when we slip or struggle..... We are in need of GRACE.

## **G - Go to God.**

As much as we want to be perfect, it is simply impossible - we are going to make mistakes. God already knows that and loves us in spite of it.

1 John 1:9 If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness. He wants us to surrender and lay our burdens at His feet. He promises that He is a safe place.

Psalms 34:8 Taste and see that God is good, blessed is the one who takes refuge in Him.

## **R - Receive Grace.**

Let go of shame. Jesus did far too much on the cross for us to walk around in shame.

Romans 8:1 Therefore, there is now no condemnation for those who are in Christ Jesus.

## **A - Access the situation**

What happened?

What caused me to reach for that bite?

What was going on right before I ate off of my food plan?

What was I feeling?

Have I been planning my meals?

Did I stop to use my temptation plan?

What can I do differently next time?

## **C - Cling to the truth of our identity.**

It is usually at this point that we start feeling like we have failed. Let's hold fast to the truths that God says about us. We are loved, valued, treasured, and victorious. Although we may feel like we will not conquer this food issue, God calls us MORE than a conqueror in Romans 8:37 and we need to cling to that.

## **E - Equip yourself with the tools for success**

Use your temptation plan, plan & weigh your meals, reach for connection & support. Move forward in freedom. Galatians 5:1 It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.

[illegible]

[illegible]

# Module 8: Feel Your Feelings

## Action Steps

- ☐ Watch Module 8 (9 videos).
- ☐ Complete the Peace Be With You assignment.
- ☐ Complete the Break the Chains assignment.
- ☐ Check in with your buddy for this week. Share your plans for continued support when the 60-Day Course is over.
- ☐ Build an emergency food kit. What foods can you keep on hand so you always have a compliant meal ready to go?
- ☐ Check in and post in the Facebook support group. Look for the post inviting you to join an accountability group.
- ☐ Bonus: Complete one or more of the journaling suggestions on the following page.

## Digging Deeper in the Word

### *Mentioned in Module 8*

Revelation 3:20  
1 Corinthians 10:31  
Galatians 6:9  
John 14:27

### *More Verses to Consider*

Philippians 4:6-7  
Psalm 141:4  
Ephesians 2:10  
John 17:15-17  
Galatians 6:2

## Module 8: Feel Your Feelings

### Journaling Prompts

Study the emotion wheel on the next page. Which emotions typically trigger you to eat off plan? Write a letter to those emotions (use your imagination!) and invite them to go to God when they are triggered instead of to food.

-----

What was your experience like doing the Peace Be with You assignment? What is it like to imagine Jesus speaking the words of John 14:27 to you personally? What anxieties is He speaking peace over in your life?

-----

Through the 60 Day Course, what type of support has been most helpful to you? (Facebook, buddy, small group, journaling, etc.) What kind of support do you think you need most going forward on your journey?

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Make a list of your victories and celebrations from the past 60 days. What changes have you noticed in yourself? What truth has God revealed to you that you want to hold on to?

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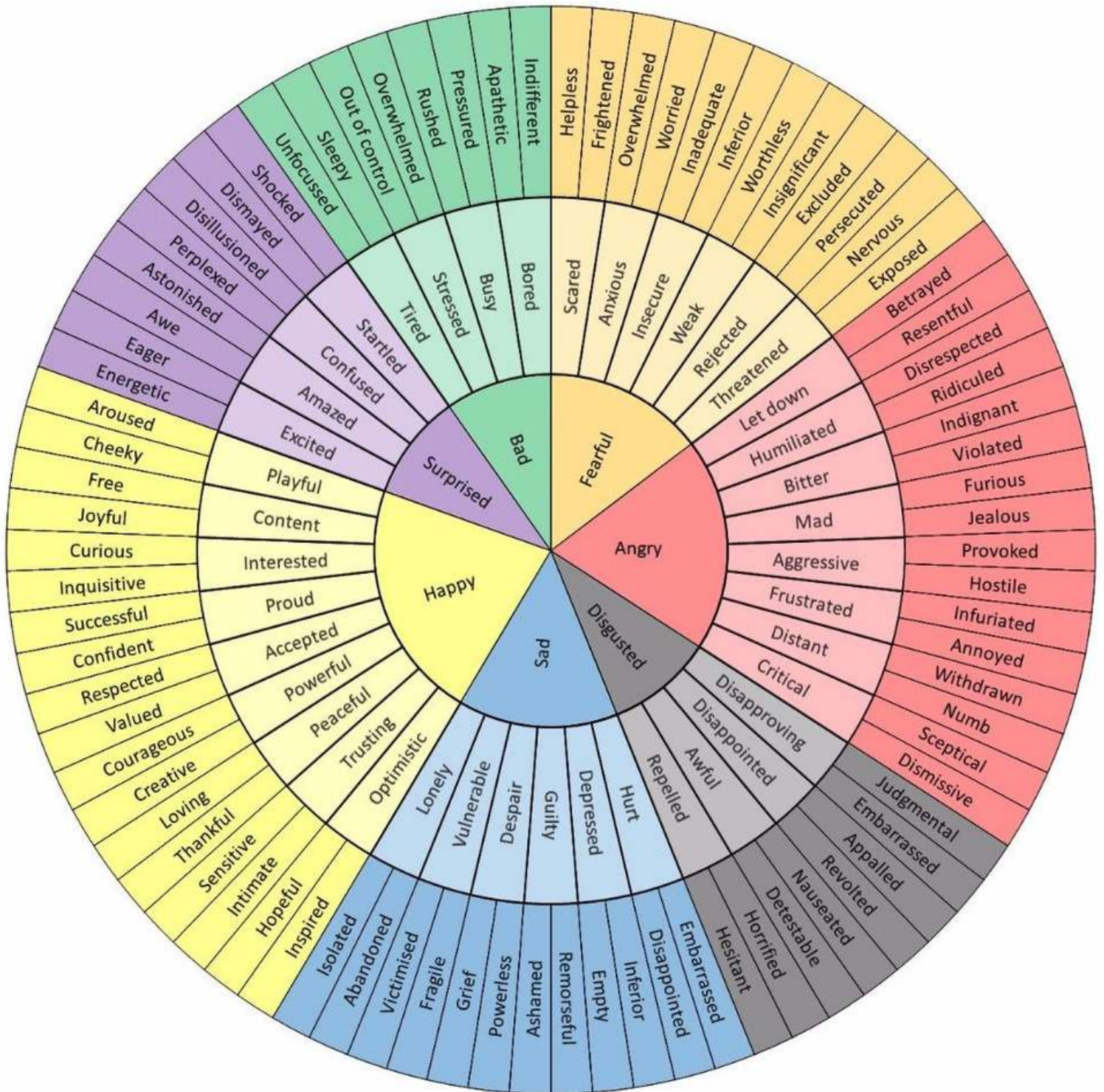
### Quote from Kristy

“Did you know Jesus wants to eat with you? To dine with you? To sup with you? He wants to sit across the table from you or beside you...We want to eat meals that glorify God and ultimately honor ourselves.”

*-Module 8, Jesus Wants to Eat with Us*



# Emotion Wheel





# Accountability Group Call Plan

60 minutes - 4 people

1. Greeting - 2 minutes
2. Open in Prayer
3. Someone volunteers to go first OR the facilitator chooses someone to go first. Each person calls on someone after their turn to determine the order of the day.
4. Starting round - approx 1 minutes per person
  - a. I am feeling \_\_\_\_\_.
  - b. My victory for the past week was \_\_\_\_\_.
  - c. Regarding my commitment last week \_\_\_\_\_.
5. Middle Round - Each person has approximately 10-12 minutes to share the details of their week, specific struggles, questions, etc. and receive feedback or encouragement from the group. Each person should keep a close eye on the time and honor each other.  
If desired, the facilitator can set a timer.
6. Ending round - approximately 1 minute per person - each person completes the following
  1. My takeaway is \_\_\_\_\_.
  2. My commitment this week is \_\_\_\_\_.
7. One person should be the secretary (note taker) of the group and have a notebook to keep track of the commitments and prayer requests each week.
8. Close in prayer or share a Bible verse for the week

# Peace be with You

Anxieties/Worries/Fears

Truth/Comfort


# Module 8 Notes

[illegible]

# Break the Chains

1. On each line, list each a consequence of food addiction
2. Next cut them and staple together to make a chain
3. Finally, Save the chain as a representation of the addiction  
OR Break the chains of food addiction by ripping them apart

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Blank lined area for writing.



# Reference Section

Introduction

Journey to Surrender Roadmap

Module 1 - The Basics of Life Unbinged

Food Plan : Four Boundaries

Fifth Boundary - God's Word

Food Addiction vs. Food Freedom

Detox, Isolation, Community, Ditch the Scale

Temptation Plan

Module 2 - Who You are in Christ

Negative Thoughts, Renewing Your Mind, Comparison, Advocate for yourself,

Confidence, One Day at a Time,

Truth vs. Lies

Module 3 - Live Like You are Loved

Goal Weight, Comfort Zone, Family Pictures, The Next Right Thing,

Goal Weight Goals

Module 4 - Ten Tools of Surrender

Renewing your Mind, Posture of Surrender, Be Still and Know, Humility,  
Memorizing Scripture, Prayer, Connection, Gratitude, Deny Yourself, Seek God First  
Shameful Food Addiction Behaviors

Module 5 - Defeating the Enemy

Sinful Nature, Armor of God, One Agenda, Weaknesses, Lies, Flesh,

Fight through the Bite, Will Power

Picture of Being "In The Food"

Module 6 - Holy Spirit

Intercedes, Teaches, Gives us Hope and Love, Guides,

How not to Grieve the Holy Spirit, Personal Consequences, Fill your Cup

Letter to Food

Module 7 - Grace Upon Grace

Post Event Recovery, Sugar Obsessed Society, Reset, Perfectionism, Live like Jesus,

Grace Upon Grace

Letter to God

Module 8 - Feel Your Feelings

Jesus wants to eat with us, Emergency Food Kit, Modifications, The Next Right Choice,

Accountability, He Gives us Peace, Surrender Sisters, Breaking the Chains

[illegible]



[illegible]

# Daily Eating Guide

Protein	Grain	Fruit	Vegetables
<p>8 oz. milk (non-dairy too) 8 oz. yogurt 8 oz egg whites 6 oz. beans / lentils</p> <p>4 oz. cottage cheese 4 oz. cooked quinoa 4 oz. hummus 4 oz. ricotta 4 oz. beef 4 oz. chicken 4 oz. fish / shellfish 4 oz. lamb 4 oz. pork 4 oz. turkey 4 oz. edamame shelled 4 oz. tempeh 4 oz. tofu 4 oz. veggie burger</p> <p>2 oz. cheese 2 eggs 2 oz. edamame roasted 2 oz. nuts / nut butter 2 oz. seeds 2 oz. soy nuts</p>	<p><i>Dry Weight: 1 oz, then cook</i> <i>Cooked Weight: 4 oz</i></p> <p>4 oz. cooked millet 4 oz. cooked polenta 4 oz. cooked quinoa 4 oz. cooked rice 4 oz. cooked potato 4 oz. sweet potato</p> <p><i>(Cereals)</i> 4 oz. cooked Cream of Wheat 4 oz. cooked grits 1 oz. dry or 4 oz. cooked oatmeal 1 oz. Ezekiel cereal 1 oz. Fiber One cereal 1 oz. Uncle Sam's cereal 1 oz. Shredded Wheat cereal 1 oz. oat bran cereal 1 oz. dry or 4 oz. cooked quinoa</p> <p><i>(Other)</i> 1 oz. rice cakes 1 piece Ezekiel bread 1 oz. Triscuits</p>	<p><i>6 Ounces Total</i></p> <p>berries cherries grapes mango papaya melon pineapple</p> <p><i>3 Fruits</i> apricot clementine</p> <p><i>2 Fruits</i> kiwi persimmon plum</p> <p><i>1 Fruit</i> apple banana grapefruit nectarine orange peach pear</p>	<p><i>Raw or cooked, weigh after cooking:</i></p> <p><i>Example lunch or dinner: 10 oz. total of any combination</i></p> <p>artichoke asparagus bok choy beet greens beets broccoli brussel sprouts cabbage carrots cauliflower celery collard greens cucumber eggplant green beans jicama kale leeks lettuce mushrooms onions peppers radicchio snap peas snow peas spaghetti squash spinach swiss chard tomatoes yellow squash zucchini</p> <p><i>Use Sparingly:</i> acorn squash butternut squash corn parsnips peas <i>(that are not listed above)</i> pumpkin rutabaga turnips</p>
MEAL PLAN	Fat	Condiments	
<p><b>Breakfast:</b> 1 Protein 1 Grain 1 Fruit</p> <p><b>Lunch:</b> 1 Protein 1 Fat 1 Fruit 6oz Vegetables</p> <p><b>Dinner:</b> 1 Protein 1 Fat 14 oz. Vegetables (8 oz. salad+6 oz. cooked)</p> <p><i>Optional: Split 20 oz. total daily vegetables, 10 oz. at lunch and 10 oz. at dinner.</i></p>	<p>2 oz. avocado 2 oz. hummus 2 oz. olives 1 oz. cheese 1 oz. coconut cream, meat 1 oz. cream 1 oz. cream cheese 1 oz. sour cream</p> <p>0.5 oz. butter 0.5 oz. margarine 0.5 oz. dressing 0.5 oz. oil 0.5 oz. mayonnaise 0.5 oz. pesto 0.5 oz. tahini</p> <p><i>(Other)</i> 0.5 oz. dried coconut flakes 0.5 oz. nuts or nut butter 0.5 oz. seeds</p>	<p><i>These are free foods.</i></p> <p>8 oz. broth 2 oz. plant-based milk 2 oz. salsa 2 oz. marinara 2 oz. ketchup 2 oz. pickles 2 oz. pepperoncini 0.5 oz. nutritional yeast</p> <p><i>No serving size:</i> capers cinnamon herbs hot sauce lemon juice or wedge lime juice or wedge mustard salt and pepper soy sauce spices vinegar</p>	

3 Meals, Measured Portions, No Sugar, No Flour

# Daily Eating Guide: Notes

## *Modifications*

Some people, especially men, very tall women, and athletes, will need more protein. For these individuals, we suggest starting with 1.5 proteins per meal, monitoring weight loss, and making adjustments as necessary to stay within healthy limits.

*Important Reminder: Before starting any new plan for food, diet, or exercise, talk with your doctor or licensed dietitian.*

If there are certain foods you don't eat for personal reasons or allergies, that's completely fine. Choose the items that work for you and consider trying new foods, condiments, and seasonings from the list.

There are so many options, and the combinations are endless. The key is to honor God with your food plan and food choices.

## *Mealtimes*

The Life Unbinged plan is designed for three meals per day, spaced 4-6 hours apart. If you medically need four small meals or you're a two-meal-a-day individual for simplification or a longer period of fasting, set specific mealtimes, spaced apart (as no-eating times).

Simply, take the recommended food from the meal plan above and divide it into your chosen meal times.

Eating is important for fuel and health. So, commit to eating your daily pre-planned meals. It is never a good idea to impulsively skip or add a meal.

*Meal planning and commitment are Key!*

# Weekly Meal Planner

WEEK OF: \_\_\_\_\_

	Breakfast	Lunch	Dinner
SUN			
MON			
TUES			
WED			
THURS			
FRI			
SAT			