

Walk yourself through this “cheat sheet” every single time you want to indulge in an off-plan food or drink. While many of the questions here might seem obvious, **do not dismiss any of the steps**. They are all carefully designed to increase awareness and accountability, and at some point will probably keep you from falling face-first into a box of glazed donuts.

DEFINITIONS

“Mess you up”: Negatively affects the way you look, feel or live your life.

“Less bad”: A gluten-free, dairy-free, less sugary or less processed option.

START HERE

Do you have a **SPECIFIC DESIRE** for a **PARTICULAR** food or drink?

NO

Don't eat it

Those impulse decisions are never, ever worth it.

YES

Is it going to be **INCREDIBLY** delicious, special or significant?

NO

Don't eat it

Why waste a treat on something mundane?

YES

Is it gonna **MESS YOU UP** or make you **FEEL LIKE JUNK**?

NO

Do you recognize that this food or drink is **STILL NOT “HEALTH FOOD”**?

YES *There is only one answer here.*

YES

Knowing it's gonna mess you up...
IS IT STILL WORTH IT?

NO

Is there a **LESS BAD** option available?

IS IT WORTH IT?

NO

Don't eat it

You just SAID it wasn't worth it.

YES

YOU SHOULD THINK ABOUT THAT AGAIN.
Are you sure?

YES

NO

Don't eat it

If it's not worth it, why bother?

YES

Is there a **LESS BAD** option available?

NO

Eat the real deal

Eat as little as you need, and SAVOR it.

YES

NO

Don't eat it

You've made a very wise choice.

Is the **LESS BAD** option comparably delicious/special/significant?

YES

NO

Eat the “less bad” option

Eat as little as you need to be satisfied and SAVOR it.

Don't eat it

Smart choice. “Kinda good” is just not worth it.

YES

Is the **LESS BAD** option comparably delicious/special/significant?

YES

NO

Eat the “less bad” option

Eat as little as you need to be satisfied and SAVOR it.

Eat the real deal

Fine, then. Eat it.

Enjoy... and suffer the consequences of your decision.