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.
            - **NO**
              - Is there a LESS BAD option available?
                - **YES**
                  - Is it WORTH IT?
                    - **NO**
                      - Don’t eat it
                      - You just SAID it wasn’t worth it.
                    - **YES**
                      - Is there a LESS BAD option available?
                        - **NO**
                          - Eat the real deal
                          - Eat as little as you need, and SAVOR it.
                        - **YES**
                          - Is the LESS BAD option comparably delicious/special/significant?
                            - **NO**
                              - Eat the “less bad” option
                              - Eat as little as you need to be satisfied and SAVOR it.
                            - **YES**
                              - Eat the “less bad” option
                              - Eat as little as you need to be satisfied and SAVOR it.

- **YES**
  - Is there a LESS BAD option available?
    - **NO**
      - Don’t eat it
      - You’ve made a very wise choice.
    - **YES**
      - Is the LESS BAD option comparably delicious/special/significant?
        - **NO**
          - Eat the “less bad” option
          - Eat as little as you need to be satisfied and SAVOR it.
        - **YES**
          - Eat the “less bad” option
          - Eat as little as you need to be satisfied and SAVOR it.

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