

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 crashing face-first into a box of glazed donuts. You're welcome.

### DEFINITIONS

"Mess you up": Negatively affects the way you look, feel or perform.

"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 cheat 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 to be satisfied 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

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

YES

NO

YES

NO

Fine, then. Eat it.

Eat the "less bad" option

**Don't eat it**

Eat the "less bad" option

Eat the real deal

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

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

*Smart choice. "Kinda good" is just not worth it.*

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

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