TheBellyFatCure.com

DATE: _____

STEP 1: GET CONTROL

Upon waking, repeat this mantra out loud ten times to gain control of your day:

Instant health is my divine right, and I claim it now.

STEP 2: EAT USING S/C VALUE

INSTRUCTIONS: Cross off one sugar per gram consumed, and cross off one carbohydrate per serving consumed.

Sugar (15 Grams) ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

Carbs* (6 Servings) ○ ○ ○ ○ ○ ○

*Note: 1 serving of Carbs is 5 to 20 grams

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