



## Handout Checklist

\_\_\_\_\_ (client name)

<b>Program Forms</b>		Beans
Welcome!		The Facts on Fat
E-Group Invitation		Protein
Goals		Organic Foods
Revisit Form		Controversial Ingredients
Program Agreement		Most and Least Contaminated Produce
Program Schedule		Chewing
Credit Card Authorization Form		10 Steps for Dealing with Sugar Addiction
Program Summary		The Food Diary
Halfway Revisit Form		Organic Produce Storage Tips
Client Progress		Portion Distortion
Session Notes		Mindful Eating
Last Session Evaluation		Dietary Icons – Pyramids
Completion of Your Program		Dietary Icons – Plates
Program Renewal Option		Energetics of Food
		Condiment List
<b>Primary Food</b>		Breakfast Experiment
Primary Food		Energetics of Food
Lifestyle Suggestions		Dairy You Decide
Top 10 Tips to Slow Down		Vitamin D – Sunlight or Supplementation
Highly Sensitive Person		Microwaves
Five Love Languages		Healthy Snack List
Top 10 Reasons to Exercise		Healthy Shopping Checklist
Our Deepest Fear		Caffeine Quirks and Perks
Flying Trapeze		Sweet Vegetables
Be Bad		Natural Sweeteners
Early Morning Pages		High-Carbohydrate Diets in America
Manifesting Your Desires and Ideals		Orthorexia Nervosa
Tongue Cleaner		Could It Be Adrenal Fatigue?
Top Three Positive Psychology Exercises		Eight Causes of Cravings
Hot Towel Scrub		Water Drinking guidelines
Hot Water Bottle		
<b>Secondary Food</b>		
Eating for Your Blood Type A		
Eating for Your Blood Type B		
Eating for Your Blood Type AB		
Eating for Your Blood Type O		
Metabolic Questionnaire		
Ayurvedic Questionnaire		
Ayurvedic Body Types		
Glorious Greens		
Great Grains		
Brown Rice		
Quinoa		
Millet		
Kasha		