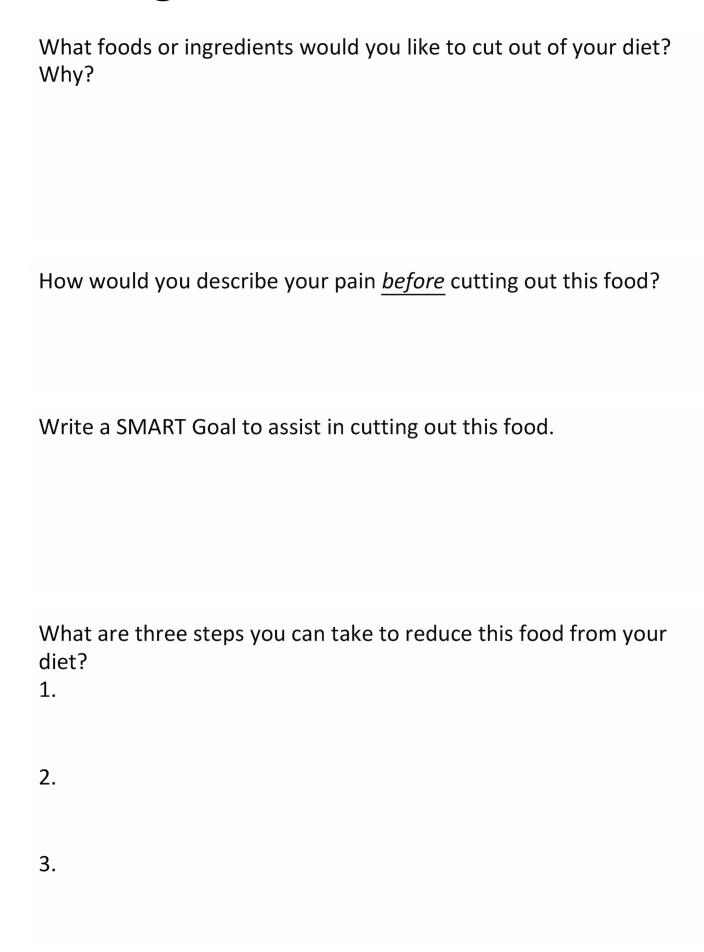
Cutting Out Foods Plan



Cutting Out Foods Plan

What are some of your favorite dishes that do not include the food you are trying to cut out?
Write three example meals that do not include the food you are trying to cut out in the following categories. Breakfast:
Lunch:
Dinner:
Snacks:
After two weeks of cutting out this food how is your pain?