

# What I Eat & Drink TRACKER

1. Items I consume

2. Place number of times ate each day

	MON	TUE	WED	THU	FRI	SAT	SUN
Carnation coffee creamer	2	2	2	2	2	3	4
Coffee Almond flavored	2	2	2	2	2	3	4
Instant Oatmeal with Flaxseeds	1		1		1		
Turkey Bacon		1					1
3 Scrambled Eggs		1					
2 Slices Toast				1			
Yogurt Blueberry flavored	1	1	1	1			
Morning Glory Muffin						2	
Hash browns with Ketchup							1
Pancakes Pamela's Pancake Mix							1

STEP 1



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# What I Eat Most During the Week WORKSHEET

## 1 ITEMS I CONSUMED DAILY

COFFEE CREAMER \_\_\_\_\_

ALMOND FLAVORED COFFEE \_\_\_\_\_

\_\_\_\_\_

## 2 ITEMS I CONSUMED 3-6 TIMES

INSTANT OATMEAL /FLAXSEED \_\_\_\_\_

YOGURT \_\_\_\_\_

\_\_\_\_\_

## 3 ITEMS I CONSUMED 1-2 TIMES

Toast \_\_\_\_\_ Hash browns with Ketchup \_\_\_\_\_

Turkey Bacon \_\_\_\_\_ Morning Glory Muffin \_\_\_\_\_

Eggs \_\_\_\_\_

Pancakes \_\_\_\_\_

# Fatty Liver Finding Hidden Sugars Example

## WORKSHEET

STARTING WITH MOST FREQUENTLY CONSUMED

### 1 LIST THE ITEM    SERVING SIZE    GRAMS SUGAR

COFFEE CREAMER	1 TABLESPOON	5G
COFFEE ALMOND	8 OUNCE	0G
YOGURT BLUBERRY	5.3 OUNCE	9G
INSTANT OATMEAL/FLAX	1 POUCH	11G
TURKEY BACON	1 SLICE	0G
3 SCRAMBLED EGGS	1 EGGS	0G
2 SLICES TOAST	1 SLICES	1.5G
MORNING GLORY MUFFIN	1	15.2G
HASH BROWNS 2	1 HASH BROWN	1G
KETCHUP	1 TABLESPOON	4G
PANCAKES 2	1-8 INCH PANCAKE	9G
SYRUP	2 TABLESPOONS	20G

STEP 3



micro decisions  
create results

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# Fatty Liver My Hidden Sugars

# WORKSHEET

CALCULATING HOW MUCH SUGAR AM I GETTING IN A DAY

DAY	LIST THE ITEM	NUMBER OF SERVINGS I HAVE	MY TOTAL GRAMS SUGAR
MON	COFFEE CREAMER	6 TABLESPOON	30G EACH CUP X 2=60G
	INSTANT OATMEAL	1 POUCH	11G
	YOGURT SNACK	1 5.3 OZ CONTAINER	9G

Continue adding foods so you can have an overview.  
 So far we can see breakfast and snack add up to 80 grams

Our goal for women 24 g or less

Men 36 g or less

An example of an immediate simple swap that would help your fatty liver would be to swap out the flavored creamer.

Instead of 'diets' find the simple swaps slowly replacing products that are silently sabotaging your body



# What I Eat & Drink TRACKER

1. Items I consume

2. Place number of times ate each day

MON TUE WED THU FRI SAT SUN

	MON	TUE	WED	THU	FRI	SAT	SUN
	●	●	●	●	●	●	●
	●	●	●	●	●	●	●
	●	●	●	●	●	●	●
	●	●	●	●	●	●	●
	●	●	●	●	●	●	●
	●	●	●	●	●	●	●
	●	●	●	●	●	●	●
	●	●	●	●	●	●	●
	●	●	●	●	●	●	●
	●	●	●	●	●	●	●

STEP 1



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# What I Eat Most During the Week

# WORKSHEET

1

ITEMS I CONSUMED DAILY


2

ITEMS I CONSUMED 3-6 TIMES


3

ITEMS I CONSUMED 1-2 TIMES




# Fatty Liver Finding Hidden Sugars

## WORKSHEET

STARTING WITH MOST FREQUENTLY CONSUMED

1

LIST THE ITEM

SERVING SIZE

GRAMS SUGAR

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

STEP 3



micro decisions  
create results

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# Fatty Liver Finding Hidden Sugars

## WORKSHEET

CALCULATING HOW MUCH SUGAR AM I GETTING

**1** LIST THE ITEM      NUMBER OF SERVINGS I EAT      MY TOTAL GRAMS SUGAR

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

**2** CHOOSE WHAT YOU WANT TO FOCUS ON SWAPPING OUT FIRST TO REDUCE YOUR HIDDEN SUGAR LOAD.

ULTIMATELY THE END GOAL IS 24G OR LESS FOR WOMEN. 36G OR LESS FOR MEN EACH DAY.

_____	_____	_____
_____	_____	_____
_____	_____	_____

STEP 4



micro decisions  
create results

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