

EAT ANYTHING



	Type of Food	No. of calories of this food I'm eating every day?	Can I reduce daily intake of this food (yes or no)?	Can I cut this food out of my diet completely (yes or no)?	Are there low calorie versions of this food available (yes or no)?	Calories I'll save by cutting out/consuming low-cal versions
1						
2						
3						
4						
5						