

# HUNGER SATISFIED JOURNAL

*When you have eaten and are **SATISFIED**  
you shall bless the **LORD** your God for the  
good land which He has given you*



ANNETTE REEDER

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*W*elcome to a journal that will finally deliver the tools to a new understanding of God's love.

*God's love is expressed in multifaceted ways. The design of our body clearly shows His love for us. How food was designed for nourishment and fellowship reveals a God who loves relationships. And in our health, when we follow biblical guidelines, our view of His greatness becomes more evident.*

*Above all else may you prosper and be of good health. 3 John 3:2*

***Not only are we physical ~ We are spiritual***

*This journal will connect the spiritual and the physical. The peace that is possible spiritually is also possible physically. What if health was no obstacle that kept you awake at night, or in pain all the time, or at a weight that was life altering?*

*What if food no longer plagued your mind and you were at peace with eating?*

*Peace – in who you are, what you eat, and your future health is all **possible**, and this journal is the best tool to see it happen.*

*God reveals Himself to each of us uniquely. Yet, unhealthy and undisciplined eating can suffocate His work in our lives.*

*I am encouraged and enthused to share this valuable tool that has helped many people be set free to enjoy life healthily.*

*When you have eaten and are **SATISFIED** you shall bless the **LORD** your God for the good land which He has given you. Deuteronomy 8:10*

*Blessings to you as you discover **Satisfied!***

*Annette Reeder*

## What to Expect

This **Hunger ~ Satisfied Journal** tracks progress and success. Some days will be hard and other days will be incredibly joyful.

When a house is built it seems the clearing of the land and pouring the footings are slow processes. Yet the footings create a solid foundation that is stable during storms. The same is true of health. This journal sets the footings for a lifetime of success. It may seem slow at first yet, believe me, the results will amaze you!

Plus, the mental shift learned from using this journal will give you success for the rest of your life. Never again even say the word – *diet*! Never say: *I need TO GET healthy*. You will be there and always know how to maintain it.

You will say: *I am Satisfied!*

The results from using this journal as instructed – with no wavering – will be:

- ❖ No longer challenged with food
- ❖ No longer binge/purge/overeat/eat mindlessly
- ❖ Feel amazing and in control
- ❖ Feel the true gift of health God promised
- ❖ Recognize and respond to the body cues with satisfaction

## How to Get Started

1. **Read all the instructions.** This journal has been used in all coaching groups through *The Biblical Nutritionist* coaching and those who did not follow **all** the instructions did not see results as quickly. When they went back, read it thoroughly and followed it diligently through the coaching groups, they exceeded expectations.
2. **Journal.** It has been proven that those who journal have a 70% higher success rate over those who don't. This journal has several built-in notes to make sure your success happens quickly. Study each segment to ensure you get off to a great start.
3. **Join a coaching group.** Accountability and having a coach to help you is valuable. Jesus not only taught His disciples, He coached them to help them see what they were thinking and whether or not it lined up with His Words. Go to <https://thebiblicalthenutritionist.com/> to sign up for the next coaching group. Working with me and my team of trained coaches makes this journey quicker and more enjoyable.

## How to Use This Journal

1. **Plan your meals 24 hours in advance.** This is very important. Through this step we learn not to 'cheat' or rethink our plan. If changes need to be made they are made the next day. What you write on Sunday for Monday – is what you eat on Monday. No changes allowed. If you find yourself too hungry on Monday – adjust it

for Tuesday. If you find yourself too full, then stop when you feel satisfied. Do not eat beyond satisfied.

2. **Learn the Hunger ~ Satisfied Cues (signals).** Record your scale at each meal. **See instructions following.**
3. **Credits.** Every day give yourself 3 credits for doing well. This can be credits for any area of your life including eating. Our focus is to be on what we did well and not where we messed up. Our culture says, "You ate that cake so the day is shot." *What we are changing is looking at what we did right and focusing on that.* The more we focus on what we did right, the more consistent our success will be and the more we can share in God's love. His love is everlasting, yet when we focus on our own failures we take on the belief that God does not love us as much. This is not true! Pride is focusing on our failures. Humbleness is focusing on the good in our life and praising God for it.  
Write these credits on the journal daily.  
Examples of credits:
  - I fasted 12 hours today – Yippee!
  - I walked 20 minutes today – super
  - I ate lots of fiber today!
  - I woke up and said *Today is going to be an Amen day!*
  - I followed my 24 hour plan completely!
4. **Advantage.** Write one advantage for following a healthy eating plan. This can be the same for several days or it can be different.  
Examples of Advantages:
  - I will feel amazing and energized playing with my kids or grandkids
  - I will look better
  - My breathing will be easier
  - I will sleep great
  - I will have no more pain
  - I will honor God with my body
5. **Bible Verse.** Read the Bible verse at the beginning of each day.
6. **Supplements.** A healthy body needs supplements. The most necessary are multi vitamins, vitamin D, calcium/magnesium, and omega. Track your daily intake of supplements.
7. **Water.** Track your intake of water. Try to get 16 ounces of water in daily when you first awake. Each number on the journal represents 1 glass of 8 ounces.
8. **Record all food consumed.** Hopefully you are planning your meals 24 hours in advance. At each meal or snack make sure all food consumed is written down.
9. **Answer the questions.** At the end of each day answer the questions. These can also become credits. Congratulate yourself for every YES!
10. **Journal.** Use the journal space to write how you feel, a prayer to God, why you ate, and plans for future. Please don't pass this up. As you write notes in this journal it will reveal later what is working and what is not. Journal how you feel



after eating specific foods. This will help reveal food sensitivities.  
If you eat a food not planned – how did you feel afterward? Were you sick or not mentally sharp? Write it!  
The more you write, the more will be revealed about your health and how you can see problems and make changes.  
The value of this journal is limited to your willingness to journal. The more you journal, the more you will see change happen!! Be honest! Breakthroughs are coming!

## Hunger ~ Satisfied

Recognizing true hunger and true satisfaction is the key to success at weight management and health.

God designed our bodies to let us know hunger and satisfied through the use of hormones. These hormones work beautifully when we have a healthy microbiome, eat God-designed foods, and have biblical wisdom. These signals are difficult to recognize when we eat addictive or processed foods, have a hormone imbalance, have mental conditioning by advertisers and our own personal misunderstanding of our bodies.

Our goal with this journal is to help you recognize hunger and learn to stop when satisfied. The more this happens the sooner the hormones will balance and your life will be grand.

We have an orchestrated group of hormones that signal when we are hungry and when we are satisfied. Chemicals in our manipulated diet interfere with the communication which therefore silences true hunger or true fullness.

Good news is that God designed our bodies to heal. Through the renewal in our cells and a rebuilding of the microbiome, we can truly rebuild this system and become the lean person God designed. To make this renewal happen we need to focus on how we feel.

With the right strategies everyone can gain the strength and courage needed to say “no more” to bad food. A healthy relationship with food is based on beliefs of who you are in Christ, as well as the understanding and mutual desire of His design, allowing your self-love to show through the choices you make. When you know better, you do better. When you believe the Truth of God’s Word, your health will reflect it. Real knowledge of real food that builds healthy cells is the knowledge that builds a life of vigor.

Losing weight and feeling great is not about moderation or dieting; it is about developing good habits of eating the right foods and in the right amounts. It’s about building and continually practicing good habits, not just in the area of your weight, but all areas. People who manage

stress, get enough sleep, and enjoy healthy, loving relationships have an easier time losing weight and keeping it off.

## Hunger Signal

True hunger starts in the gut – not the mind. It is a growling that won't stop for minutes. It typically happens when there has been at least 4 hours since the last meal. Mental hunger is when you walk through the mall or grocery store and the aroma of cinnamon rolls is being wafted through the store. When you smell that delicious aroma you might think, "I want that!" but you are not hungry.

Eating when we are not hungry is more likely to be stored energy and less likely to be utilized and burned. Stored energy can become fat. So eating when you are not hungry has the most likelihood to be turned into fat.

YET – if you bypass that mental hunger and wait – your body will continue to BURN fat! Imagine the next time you want to eat while knowing you are not truly hungry – just say to yourself or out loud, "Burn Baby Burn – Burn that FAT!"

If inflammation is a concern, then please note this – fat contributes to inflammation. Reduce the fat in your body and it helps reduce the inflammation.

Eating only when hungry allows the microbiome to rebuild to health. Grazing all the time leads to an unhealthy microbiome. All health begins with a healthy microbiome. Even if weight loss is not your goal – eating when hungry is still very important.

## Don't Recognize Hunger?

It is very likely hunger signals are foreign to you. Here are some steps to learn the signals. The first day using this journal, plan to eat only half of a normal day's supply of food. This means eat a half breakfast, such as 1 egg instead of 2 or ½ of a smoothie instead of a full smoothie. Then wait 4 hours until lunch. At lunch eat ½ sandwich and fruit. Then wait at least 4 hours until dinner and eat ½ your normal serving. It is likely, by the next morning, that hunger should start to be heard.

## Other Symptoms of Hunger or Poor Eating

Some people experience headaches or stomach pains when they are hungry. As we implement a healthy diet, this will happen less often. If you do experience a headache and it is not attributed to sugar or caffeine withdrawal, eat an organic apple or other healthy fruit. Then try

to wait until the scheduled mealtime for the full meal. As you learn more of your body signals, you will be amazed at how it quickly adapts to a healthy diet.

## Satisfied Signal

Of the two, this is the most difficult. Were you told to “clean your plate” or that “there are starving children in China – so eat everything!” Does either of these make any sense? Yet, most of us have heard these words. Are you hungry even when you know you ate plenty? Do you finish a meal and then start grazing an hour later – looking for that something salty or sweet?

These are all symptoms of lacking satisfied. Satisfied is a learned behavior that is very much affected by the foods we have been eating for years and the health of our hormones. When we heal the microbiome, our hormones will start working better for us. This includes signaling for satisfied. Until we are completely reliant on our hormones to work, this will be a discipline.

### To Learn Satisfied:

- Stop halfway through a meal and pause: How do you feel at the halfway point?
- When the food stops tasting super good – you are satisfied.
- Eat slower – allow your mind to catch up with your stomach.
- Set your utensils down between bites – enjoy the food, bless the person who made it, praise God for his provisions, ask for the recipe. These are all ways to be more mindful of the meal.
- The more we pause and praise, the easier it will be to recognize satisfied.

### Satisfied Is Not:

- ✓ Unbuttoning your top button on your jeans.
- ✓ Eating till you are sick and want to vomit.
- ✓ Eating beyond a healthy portion

## What to Eat

Follow the Three Principles:

1. Eat the foods God called GOOD for us to eat.
2. Eat the foods as close to His design – before altering beyond our health benefit
3. Don't let any food become your god – no addictions

These principles helped me lose 60 pounds in the beginning of my journey. Now I use this journal to complete my final journey to being at the most ideal weight and health.



To learn more about these principles read my book: Treasures of Healthy Living Bible Study  
<https://designedhealthy.com/inc/sdetail/2137/1403>

## Hunger ~ Satisfied Scale – the KEY TO IT ALL!

Now let's put this plan into action. Health starts by eating God-designed foods and avoiding man's manipulated imitations. The next step: knowing when to eat and when to stop. This is the step most coaches and diet books ignore. Not only did God give us delicious foods that will bring health, but he built in signals that help us know when to eat and when to say, "I am Satisfied!"

Start each meal or snack by recording your hunger score. Then finish each eating time with a satisfied score. In this journal we use one scale, marked 1-10, to record both Hunger and Satisfied. So each scale should have two circles – the number you started the eating time and the number you stopped eating.

### Here are some prompts to help:

On a scale of 1 – 10

1. Famished – I could eat the wallpaper, stomach growling
2. Hungry and ready to eat
3. I would like to eat very soon
4. Sort of hungry – getting ready
5. Neither hungry or satisfied
6. Starting to feel satisfied. Could stop and be fine. Stopping here would make you feel 'light'! A great feeling!
7. Comfortable – food no longer taste amazing
8. Satisfied and feeling full – now is a good time to stop.
9. Too full – past satisfied – why am I still lifting my fork to my mouth?
10. Thanksgiving stuffed – gluttony – I don't like how I feel.

Ideally each meal time starts with a feeling of 2 and ends at a 6 or 7.

When you do this – give yourself credit!!! How did it feel?

If you miss the 7 mark – ask yourself "Why?" How did it feel? Was it worth it?

These questions will end the need for yo-yo dieting and forever dealing with health challenges. When you are ready to be truly set free from health challenges within your control and living at the weight God designed, you will LOVE the feeling of SATISFIED!

*When you have eaten and are SATISFIED you shall bless the LORD your God for the good land which He has given you. Deuteronomy 8:10*



REMEMBER:

Just as we are physical we are spiritual,  
Just as we are spiritual we are physical!

## Eating Satisfied

We were created to crave! Lysa TurKeurst wrote a New York Times best seller: *Made To Crave* explaining this. Learning to eat only until satisfied means we are willing to see what else we are craving. Food will never satisfy what God has intended for Himself. Food must never be our god. When we eat beyond satisfied, we are replacing food for what God has planned better.

Don't miss out – learn the signals – enjoy satisfied –  
enjoy God's presence even more!



# Hunger ~ Satisfied Testimony

*Whatever you do in word or deed, do all in the name of the Lord Jesus, giving thanks through Him to God the Father. Colossians 3:17*

**DATE** \_\_\_\_\_ **Water** 1 2 3 4 5 6 7 8 9

**VITAMINS:** Multi Probiotic B Complex Vitamin D Calcium/Magnesium Omega

**BREAKFAST** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed  
Time \_\_\_\_\_

Foods and amounts

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**LUNCH** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed  
Time \_\_\_\_\_

Foods/amounts

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**DINNER** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed  
Time \_\_\_\_\_

Foods/amounts

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**SNACKS** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed  
Time \_\_\_\_\_

Foods/amounts

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Was the food planned prior to starting the day?

Did you follow your plan?

How many days have you followed a plan?

**3 Credits**

**My Advantage**



# Hunger ~ Satisfied Testimony

*Seek the Lord and His strength, Seek His face continually.*

*1 Chronicles 16:11*

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**My Advantage**



# Hunger ~ Satisfied Testimony

*I have told you this so that my joy may be in you and that your joy may be complete. John 15:11*

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**My Advantage**

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# Hunger ~ Satisfied Testimony

*So, whether you eat or drink or whatever you do, do it all for the glory of God. 1 Corinthians 10:31*

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**My Advantage**

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# Hunger ~ Satisfied Testimony

*Do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect. Romans 12:2*

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# Hunger ~ Satisfied Testimony

*Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God – this is your true and proper worship. Romans 12:1*

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**My Advantage**

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# Hunger ~ Satisfied Testimony

*You did not choose me, but I chose you and appointed you so that you might go and bear fruit – fruit that will last and so that whatever you ask in my name the Father will give you. John 15:16*

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**My Advantage**

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# Hunger ~ Satisfied Testimony

*Trust in the Lord with all your heart and do not lean on your own understanding. In all your ways acknowledge Him, and He will make your paths straight. Proverbs 3:5-6*

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# Hunger ~ Satisfied Testimony

*Do not be wise in your own eyes; fear the Lord and turn away from evil. It will be healing to your body and refreshment to your bones. Proverbs 3:7-8*

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# Hunger ~ Satisfied Testimony

*If Your law had not been my delight, then I would have perished in my affliction. I will never forget Your precepts, for by them You have revived me.  
Psalm 119:92-93*

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**My Advantage**

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# Hunger ~ Satisfied Testimony

*The unfolding of Your words gives light; it gives understanding to the simple.  
Psalm 119:130*

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**My Advantage**

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# Hunger ~ Satisfied Testimony

*My son, do not forget my teaching, but let your heart keep my commandments; for length of days and years of life and peace they will add to you. Proverbs 3:1-2*

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**My Advantage**

# Hunger ~ Satisfied Testimony

*And He has said to me, "My grace is sufficient for you, for power is perfected in weakness." 2 Corinthians 12:9a*

**DATE** \_\_\_\_\_ **Water** 1 2 3 4 5 6 7 8 9

**VITAMINS:** Multi Probiotic B Complex Vitamin D Calcium/Magnesium Omega

**BREAKFAST** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed  
Time \_\_\_\_\_

Foods and amounts

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**LUNCH** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed  
Time \_\_\_\_\_

Foods/amounts

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**DINNER** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed  
Time \_\_\_\_\_

Foods/amounts

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**SNACKS** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed  
Time \_\_\_\_\_

Foods/amounts

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Was the food planned prior to starting the day?

Did you follow your plan?

How many days have you followed a plan?

**3 Credits**

**My Advantage**





# Hunger ~ Satisfied Testimony

*The conclusion, when all has been heard, is: fear God and keep His commandments, because this applies to every person. Ecclesiastes 12:13*

**DATE** \_\_\_\_\_ **Water** 1 2 3 4 5 6 7 8 9

**VITAMINS:** Multi Probiotic B Complex Vitamin D Calcium/Magnesium Omega

**BREAKFAST** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed  
Time \_\_\_\_\_

Foods and amounts

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**LUNCH** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed  
Time \_\_\_\_\_

Foods/amounts

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**DINNER** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed  
Time \_\_\_\_\_

Foods/amounts

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**3 Credits**

**SNACKS** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed  
Time \_\_\_\_\_

Foods/amounts

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**My Advantage**

Was the food planned prior to starting the day?

Did you follow your plan?

How many days have you followed a plan?



# Hunger ~ Satisfied Testimony

*Therefore there is now no condemnation for those who are in Christ Jesus. For the law of the Spirit of life in Christ Jesus has set you free from the law of sin and of death. Romans 8:1-2*

**DATE** \_\_\_\_\_ **Water** 1 2 3 4 5 6 7 8 9

**VITAMINS:** Multi Probiotic B Complex Vitamin D Calcium/Magnesium Omega

**BREAKFAST** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed  
Time \_\_\_\_\_

Foods and amounts

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**LUNCH** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed  
Time \_\_\_\_\_

Foods/amounts

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**DINNER** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed  
Time \_\_\_\_\_

Foods/amounts

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**3 Credits**

**SNACKS** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed  
Time \_\_\_\_\_

Foods/amounts

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**My Advantage**

Was the food planned prior to starting the day?

Did you follow your plan?

How many days have you followed a plan?

# Hunger ~ Satisfied Testimony

*For what the Law could not do, weak as it was through the flesh, God did: sending His own Son in the likeness of sinful flesh and as an offering for sin, He condemned sin in the flesh. Romans 8:3*

**DATE** \_\_\_\_\_ **Water** 1 2 3 4 5 6 7 8 9

**VITAMINS:** Multi Probiotic B Complex Vitamin D Calcium/Magnesium Omega

**BREAKFAST** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed Time \_\_\_\_\_

Foods and amounts

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**LUNCH** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed Time \_\_\_\_\_

Foods/amounts

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**DINNER** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed Time \_\_\_\_\_

Foods/amounts

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**3 Credits**

**SNACKS** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed Time \_\_\_\_\_

Foods/amounts

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**My Advantage**

Was the food planned prior to starting the day?

Did you follow your plan?

How many days have you followed a plan?

# Hunger ~ Satisfied Testimony

*There is a way which seems right to a man,  
but its end is the way of death. Proverbs 14:12*

**DATE** \_\_\_\_\_ **Water** 1 2 3 4 5 6 7 8 9

**VITAMINS:** Multi Probiotic B Complex Vitamin D Calcium/Magnesium Omega

**BREAKFAST** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed  
Time \_\_\_\_\_

Foods and amounts

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**LUNCH** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed  
Time \_\_\_\_\_

Foods/amounts

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**DINNER** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed  
Time \_\_\_\_\_

Foods/amounts

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**3 Credits**

**SNACKS** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed  
Time \_\_\_\_\_

Foods/amounts

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**My Advantage**

Was the food planned prior to starting the day?

Did you follow your plan?

How many days have you followed a plan?

# Hunger ~ Satisfied Testimony

*You shall have no other gods before me. Exodus 20:3*

**DATE** \_\_\_\_\_ **Water** 1 2 3 4 5 6 7 8 9

**VITAMINS:** Multi Probiotic B Complex Vitamin D Calcium/Magnesium Omega

**BREAKFAST** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed  
Time \_\_\_\_\_

Foods and amounts

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**LUNCH** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed  
Time \_\_\_\_\_

Foods/amounts

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**DINNER** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed  
Time \_\_\_\_\_

Foods/amounts

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**SNACKS** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed  
Time \_\_\_\_\_

Foods/amounts

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Was the food planned prior to starting the day?

Did you follow your plan?

How many days have you followed a plan?

**3 Credits**

**My Advantage**

# Hunger ~ Satisfied Testimony

*How blessed is the man who finds wisdom  
and the man who gains understanding. Proverbs 3:13*

**DATE** \_\_\_\_\_ **Water** 1 2 3 4 5 6 7 8 9

**VITAMINS:** Multi Probiotic B Complex Vitamin D Calcium/Magnesium Omega

**BREAKFAST** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed  
Time \_\_\_\_\_

Foods and amounts

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**LUNCH** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed  
Time \_\_\_\_\_

Foods/amounts

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**DINNER** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed  
Time \_\_\_\_\_

Foods/amounts

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**SNACKS** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed  
Time \_\_\_\_\_

Foods/amounts

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Was the food planned prior to starting the day?

Did you follow your plan?

How many days have you followed a plan?

**3 Credits**

**My Advantage**



# Hunger ~ Satisfied Testimony

*The beginning of wisdom is: Acquire wisdom;  
and with all your acquiring, get understanding. Proverbs 4:7*

DATE \_\_\_\_\_ Water 1 2 3 4 5 6 7 8 9

VITAMINS: Multi Probiotic B Complex Vitamin D Calcium/Magnesium Omega

**BREAKFAST** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed  
Time \_\_\_\_\_

Foods and amounts

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**LUNCH** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed  
Time \_\_\_\_\_

Foods/amounts

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**DINNER** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed  
Time \_\_\_\_\_

Foods/amounts

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**3 Credits**

**SNACKS** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed  
Time \_\_\_\_\_

Foods/amounts

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**My Advantage**

Was the food planned prior to starting the day?

Did you follow your plan?

How many days have you followed a plan?



# Hunger ~ Satisfied Testimony

*My son, give attention to my words; incline your ear to my sayings.  
Do not let them depart from your sight; keep them in the midst of your heart.  
Proverbs 4:20-22*

**DATE** \_\_\_\_\_ **Water** 1 2 3 4 5 6 7 8 9

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**BREAKFAST** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed  
Time \_\_\_\_\_

Foods and amounts

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**LUNCH** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed  
Time \_\_\_\_\_

Foods/amounts

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**DINNER** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed  
Time \_\_\_\_\_

Foods/amounts

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**3 Credits**

**SNACKS** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed  
Time \_\_\_\_\_

Foods/amounts

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**My Advantage**

Was the food planned prior to starting the day?

Did you follow your plan?

How many days have you followed a plan?



# Hunger ~ Satisfied Testimony

*And the Lord will continually guide you, and satisfy your desire in scorched places, and give strength to your bones; and you will be like a watered garden, and like a spring of water whose waters do not fail. Isaiah 58:11*

**DATE** \_\_\_\_\_ **Water** 1 2 3 4 5 6 7 8 9

**VITAMINS:** Multi Probiotic B Complex Vitamin D Calcium/Magnesium Omega

**BREAKFAST** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed Time \_\_\_\_\_

Foods and amounts

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**LUNCH** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed Time \_\_\_\_\_

Foods/amounts

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**DINNER** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed Time \_\_\_\_\_

Foods/amounts

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**SNACKS** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed Time \_\_\_\_\_

Foods/amounts

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Was the food planned prior to starting the day?

Did you follow your plan?

How many days have you followed a plan?

**3 Credits**

**My Advantage**

# Hunger ~ Satisfied Testimony

*The Lord will answer and say to His people, "Behold, I am going to send you grain, new wine and oil, and you will be satisfied in full with them; and I will never again make you a reproach among the nations." Joel 2:19*

**DATE** \_\_\_\_\_ **Water** 1 2 3 4 5 6 7 8 9

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**BREAKFAST** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed  
Time \_\_\_\_\_

Foods and amounts

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**LUNCH** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed  
Time \_\_\_\_\_

Foods/amounts

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**DINNER** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed  
Time \_\_\_\_\_

Foods/amounts

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**SNACKS** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed  
Time \_\_\_\_\_

Foods/amounts

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**3 Credits**

**My Advantage**

Was the food planned prior to starting the day?

Did you follow your plan?

How many days have you followed a plan?

# Hunger ~ Satisfied Testimony

*...for you were formerly darkness, but now you are Light in the Lord; walk as children of Light (for the fruit of the Light consists in all goodness and righteousness and truth), trying to learn what is pleasing to the Lord.  
Ephesians 5:8-10*

**DATE** \_\_\_\_\_ **Water** 1 2 3 4 5 6 7 8 9

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**BREAKFAST** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed Time \_\_\_\_\_

Foods and amounts

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**LUNCH** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed Time \_\_\_\_\_

Foods/amounts

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**DINNER** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed Time \_\_\_\_\_

Foods/amounts

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**SNACKS** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed Time \_\_\_\_\_

Foods/amounts

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**3 Credits**

**My Advantage**

Was the food planned prior to starting the day?

Did you follow your plan?

How many days have you followed a plan?



# Hunger ~ Satisfied Testimony

*Call to Me and I will answer you, and I will tell you great and mighty things, which you do not know. Jeremiah 33:3*

**DATE** \_\_\_\_\_ **Water** 1 2 3 4 5 6 7 8 9

**VITAMINS:** Multi Probiotic B Complex Vitamin D Calcium/Magnesium Omega

**BREAKFAST** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed  
Time \_\_\_\_\_

Foods and amounts

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**LUNCH** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed  
Time \_\_\_\_\_

Foods/amounts

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**DINNER** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed  
Time \_\_\_\_\_

Foods/amounts

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**SNACKS** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed  
Time \_\_\_\_\_

Foods/amounts

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**3 Credits**

**My Advantage**

Was the food planned prior to starting the day?

Did you follow your plan?

How many days have you followed a plan?



# Hunger ~ Satisfied Testimony

*He waters the mountains from His upper chambers; the earth is satisfied with the fruit of His works. He causes the grass to grow for the cattle, and vegetation for the labor of man, so that he may bring forth food from the earth. Psalm 104:13-14*

**DATE** \_\_\_\_\_ **Water** 1 2 3 4 5 6 7 8 9

**VITAMINS:** Multi Probiotic B Complex Vitamin D Calcium/Magnesium Omega

**BREAKFAST** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed Time \_\_\_\_\_

Foods and amounts

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**LUNCH** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed Time \_\_\_\_\_

Foods/amounts

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**DINNER** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed Time \_\_\_\_\_

Foods/amounts

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**3 Credits**

**SNACKS** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed Time \_\_\_\_\_

Foods/amounts

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**My Advantage**

Was the food planned prior to starting the day?

Did you follow your plan?

How many days have you followed a plan?

# Hunger ~ Satisfied Testimony

*He will be like a tree firmly planted by streams of water, which yields its fruit in its season and its leaf does not wither; and in whatever he does, he prospers. Psalm 1:3*

**DATE** \_\_\_\_\_ **Water** 1 2 3 4 5 6 7 8 9

**VITAMINS:** Multi Probiotic B Complex Vitamin D Calcium/Magnesium Omega

**BREAKFAST** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed Time \_\_\_\_\_

Foods and amounts

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**LUNCH** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed Time \_\_\_\_\_

Foods/amounts

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**DINNER** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed Time \_\_\_\_\_

Foods/amounts

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**3 Credits**

**SNACKS** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed Time \_\_\_\_\_

Foods/amounts

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**My Advantage**

Was the food planned prior to starting the day?

Did you follow your plan?

How many days have you followed a plan?



# Hunger ~ Satisfied Testimony

*The earth brought forth vegetation, plants yielding seed after their kind, and trees bearing fruit with seed in them, after their kind; and God saw that it was good. Genesis 1:12*

**DATE** \_\_\_\_\_ **Water** 1 2 3 4 5 6 7 8 9

**VITAMINS:** Multi Probiotic B Complex Vitamin D Calcium/Magnesium Omega

**BREAKFAST** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed Time \_\_\_\_\_

Foods and amounts

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**LUNCH** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed Time \_\_\_\_\_

Foods/amounts

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**DINNER** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed Time \_\_\_\_\_

Foods/amounts

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**3 Credits**

**SNACKS** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed Time \_\_\_\_\_

Foods/amounts

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**My Advantage**

Was the food planned prior to starting the day?

Did you follow your plan?

How many days have you followed a plan?



# Hunger ~ Satisfied Testimony

*There is an appointed time for everything. And there is a time for every event under heaven— a time to give birth and a time to die; a time to plant and a time to uproot what is planted. Ecclesiastes 3:1-2*

**DATE** \_\_\_\_\_ **Water** 1 2 3 4 5 6 7 8 9

**VITAMINS:** Multi Probiotic B Complex Vitamin D Calcium/Magnesium Omega

**BREAKFAST** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed Time \_\_\_\_\_

Foods and amounts

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**LUNCH** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed Time \_\_\_\_\_

Foods/amounts

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**DINNER** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed Time \_\_\_\_\_

Foods/amounts

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**3 Credits**

**SNACKS** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed Time \_\_\_\_\_

Foods/amounts

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**My Advantage**

Was the food planned prior to starting the day?

Did you follow your plan?

How many days have you followed a plan?

# Hunger ~ Satisfied Testimony

*And He said to them, "Because of the littleness of your faith; for truly I say to you, if you have faith the size of a mustard seed, you will say to this mountain, 'Move from here to there,' and it will move; and nothing will be impossible to you." Matthew 17:20*

**DATE** \_\_\_\_\_ **Water** 1 2 3 4 5 6 7 8 9

**VITAMINS:** Multi Probiotic B Complex Vitamin D Calcium/Magnesium Omega

**BREAKFAST** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed Time \_\_\_\_\_

Foods and amounts

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**LUNCH** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed Time \_\_\_\_\_

Foods/amounts

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**DINNER** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed Time \_\_\_\_\_

Foods/amounts

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**3 Credits**

**SNACKS** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed Time \_\_\_\_\_

Foods/amounts

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**My Advantage**

Was the food planned prior to starting the day?

Did you follow your plan?

How many days have you followed a plan?

# Hunger ~ Satisfied Testimony

*Open my eyes, that I may behold wonderful things from Your law.  
Psalm 119:18*

**DATE** \_\_\_\_\_ **Water** 1 2 3 4 5 6 7 8 9

**VITAMINS:** Multi Probiotic B Complex Vitamin D Calcium/Magnesium Omega

**BREAKFAST** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed  
Time \_\_\_\_\_

Foods and amounts

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**LUNCH** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed  
Time \_\_\_\_\_

Foods/amounts

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**DINNER** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed  
Time \_\_\_\_\_

Foods/amounts

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**SNACKS** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed  
Time \_\_\_\_\_

Foods/amounts

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**3 Credits**

**My Advantage**

Was the food planned prior to starting the day?

Did you follow your plan?

How many days have you followed a plan?

# Hunger ~ Satisfied Testimony

*Oh that they had such a heart in them, that they would fear Me and keep all My commandments always, that it may be well with them and with their sons forever! Deuteronomy 5:29*

**DATE** \_\_\_\_\_ **Water** 1 2 3 4 5 6 7 8 9

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**BREAKFAST** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed Time \_\_\_\_\_

Foods and amounts

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**LUNCH** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed Time \_\_\_\_\_

Foods/amounts

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**DINNER** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed Time \_\_\_\_\_

Foods/amounts

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**3 Credits**

**SNACKS** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed Time \_\_\_\_\_

Foods/amounts

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**My Advantage**

Was the food planned prior to starting the day?

Did you follow your plan?

How many days have you followed a plan?

# Hunger ~ Satisfied Testimony

*For I am the Lord your God. Consecrate yourselves therefore, and be holy, for I am holy. Leviticus 11:44a*

**DATE** \_\_\_\_\_ **Water** 1 2 3 4 5 6 7 8 9

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**BREAKFAST** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed  
Time \_\_\_\_\_

Foods and amounts

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**LUNCH** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed  
Time \_\_\_\_\_

Foods/amounts

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**DINNER** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed  
Time \_\_\_\_\_

Foods/amounts

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**3 Credits**

**SNACKS** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed  
Time \_\_\_\_\_

Foods/amounts

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**My Advantage**

Was the food planned prior to starting the day?

Did you follow your plan?

How many days have you followed a plan?

# Hunger ~ Satisfied Testimony

*For everyone who asks, receives; and he who seeks, finds; and to him who knocks, it will be opened. Luke 11:10*

**DATE** \_\_\_\_\_ **Water** 1 2 3 4 5 6 7 8 9

**VITAMINS:** Multi Probiotic B Complex Vitamin D Calcium/Magnesium Omega

**BREAKFAST** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed  
Time \_\_\_\_\_

Foods and amounts

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**LUNCH** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed  
Time \_\_\_\_\_

Foods/amounts

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**DINNER** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed  
Time \_\_\_\_\_

Foods/amounts

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**3 Credits**

**SNACKS** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed  
Time \_\_\_\_\_

Foods/amounts

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**My Advantage**

Was the food planned prior to starting the day?

Did you follow your plan?

How many days have you followed a plan?



# Hunger ~ Satisfied Testimony

*Do not think that I came to abolish the Law or the Prophets; I did not come to abolish but to fulfill. Matthew 5:17*

**DATE** \_\_\_\_\_ **Water** 1 2 3 4 5 6 7 8 9

**VITAMINS:** Multi Probiotic B Complex Vitamin D Calcium/Magnesium Omega

**BREAKFAST** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed  
Time \_\_\_\_\_

Foods and amounts

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**LUNCH** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed  
Time \_\_\_\_\_

Foods/amounts

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**DINNER** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed  
Time \_\_\_\_\_

Foods/amounts

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**SNACKS** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed  
Time \_\_\_\_\_

Foods/amounts

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Was the food planned prior to starting the day?

Did you follow your plan?

How many days have you followed a plan?

**3 Credits**

**My Advantage**



# Hunger ~ Satisfied Testimony

*Discipline yourself for the purpose of godliness; for bodily discipline is only of little profit, but godliness is profitable for all things, since it holds promise for the present life and also for the life to come. 1 Timothy 4:7b-8*

**DATE** \_\_\_\_\_ **Water** 1 2 3 4 5 6 7 8 9

**VITAMINS:** Multi Probiotic B Complex Vitamin D Calcium/Magnesium Omega

**BREAKFAST** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed  
Time \_\_\_\_\_

Foods and amounts

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**LUNCH** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed  
Time \_\_\_\_\_

Foods/amounts

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**DINNER** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed  
Time \_\_\_\_\_

Foods/amounts

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**3 Credits**

**SNACKS** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed  
Time \_\_\_\_\_

Foods/amounts

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**My Advantage**

Was the food planned prior to starting the day?

Did you follow your plan?

How many days have you followed a plan?

# Hunger ~ Satisfied Testimony

*Do not be with heavy drinkers of wine, or with gluttonous eaters of meat; for the heavy drinker and the glutton will come to poverty, and drowsiness will clothe one with rags. Proverbs 23:20-21*

**DATE** \_\_\_\_\_ **Water** 1 2 3 4 5 6 7 8 9

**VITAMINS:** Multi Probiotic B Complex Vitamin D Calcium/Magnesium Omega

**BREAKFAST** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed  
Time \_\_\_\_\_

Foods and amounts

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**LUNCH** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed  
Time \_\_\_\_\_

Foods/amounts

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**DINNER** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed  
Time \_\_\_\_\_

Foods/amounts

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**3 Credits**

**SNACKS** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed  
Time \_\_\_\_\_

Foods/amounts

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**My Advantage**

Was the food planned prior to starting the day?

Did you follow your plan?

How many days have you followed a plan?

# Hunger ~ Satisfied Testimony

*For I know the plans that I have for you, declares the Lord, plans for welfare and not for calamity to give you a future and a hope. Jeremiah 29:11*

**DATE** \_\_\_\_\_ **Water** 1 2 3 4 5 6 7 8 9

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**BREAKFAST** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed  
Time \_\_\_\_\_

Foods and amounts

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**LUNCH** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed  
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Foods/amounts

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**DINNER** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed  
Time \_\_\_\_\_

Foods/amounts

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**3 Credits**

**SNACKS** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed  
Time \_\_\_\_\_

Foods/amounts

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**My Advantage**

Was the food planned prior to starting the day?

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How many days have you followed a plan?

# Hunger ~ Satisfied Testimony

*Then you will call upon Me and come and pray to Me, and I will listen to you.  
You will seek Me and find Me when you search for Me with all your heart.  
Jeremiah 29:12-13*

**DATE** \_\_\_\_\_ **Water** 1 2 3 4 5 6 7 8 9

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Time \_\_\_\_\_

Foods and amounts

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**LUNCH** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed  
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Foods/amounts

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**DINNER** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed  
Time \_\_\_\_\_

Foods/amounts

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**3 Credits**

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Time \_\_\_\_\_

Foods/amounts

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**My Advantage**

Was the food planned prior to starting the day?

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# Hunger ~ Satisfied Testimony

*For a righteous man falls seven times, and rises again,  
but the wicked stumble in time of calamity. Proverbs 24:16*

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Time \_\_\_\_\_

Foods and amounts

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**LUNCH** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed  
Time \_\_\_\_\_

Foods/amounts

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**DINNER** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed  
Time \_\_\_\_\_

Foods/amounts

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**3 Credits**

**SNACKS** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed  
Time \_\_\_\_\_

Foods/amounts

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**My Advantage**

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# Hunger ~ Satisfied Testimony

*Pleasant words are a honeycomb, sweet to the soul and healing to the bones.  
Proverbs 16:24*

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Time \_\_\_\_\_

Foods and amounts

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**LUNCH** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed  
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Foods/amounts

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**DINNER** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed  
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Foods/amounts

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**3 Credits**

**SNACKS** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed  
Time \_\_\_\_\_

Foods/amounts

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**My Advantage**

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How many days have you followed a plan?



# Hunger ~ Satisfied Testimony

*You shall love the Lord your God with all your heart and with all your soul and with all your might. Deuteronomy 6:5*

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Foods/amounts

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Foods/amounts

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**3 Credits**

**My Advantage**



*Congratulations* on completing this incredibly transformational tool. If you have not already enrolled in the [40-Day Transformation Spiritually and Physically](#), it would be the next great step.



This Journal along with the 40-Day Transformation helps you discover, across every area of your life, how less of you and more of God bring the abundant life.

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