MIND / BODY

	BREAKFAST	LUNCH	DINNER
MON	E ☐☐☐ M ☐☐☐ H ☐☐☐	E ☐☐☐ M ☐☐☐ H ☐☐☐	E ☐☐☐ M ☐☐☐ H ☐☐☐
TUE	E ☐☐☐ M ☐☐☐ H ☐☐☐	E ☐☐☐ M ☐☐☐ H ☐☐☐	E ☐☐☐ M ☐☐☐ H ☐☐☐
WED	E ☐☐☐ M ☐☐☐ H ☐☐☐	E ☐☐☐ M ☐☐☐ H ☐☐☐	E ☐☐☐ M ☐☐☐ H ☐☐☐
THU	E ☐☐☐ M ☐☐☐ H ☐☐☐	E ☐☐☐ M ☐☐☐ H ☐☐☐	E ☐☐☐ M ☐☐☐ H ☐☐☐
FRI	E ☐☐☐ M ☐☐☐ H ☐☐☐	E ☐☐☐ M ☐☐☐ H ☐☐☐	E ☐☐☐ M ☐☐☐ H ☐☐☐
SAT	E ☐☐☐ M ☐☐☐ H ☐☐☐	E ☐☐☐ M ☐☐☐ H ☐☐☐	E ☐☐☐ M ☐☐☐ H ☐☐☐
SUN	E ☐☐☐ M ☐☐☐ H ☐☐☐	E ☐☐☐ M ☐☐☐ H ☐☐☐	E ☐☐☐ M ☐☐☐ H ☐☐☐

Fill in the boxes that best indicate how you feel after each meal.
E = energy M = mood H = health ☐ = bad ☐ = neutral ☐ = good

NOTES

YINYANG POCKET TRACKER

Trying to accomplish a goal without feedback is like trying to hike through a rain forest without a guide. This pocket tracker will help you determine which foods support your metabolism and which foods slow it down. (Sure you could buy expensive software, but there is something about pen and paper that makes your progress seem more tangible.)

www.YinYangDiet.com

YINYANGDIET™

The key to permanent residual weight loss

CARB COUNTER

MON	☐☐☐☐☐ ☐☐☐☐☐ ☐☐☐☐☐ ☐☐☐☐☐ ☐☐☐☐☐	(total)
TUE	☐☐☐☐☐ ☐☐☐☐☐ ☐☐☐☐☐ ☐☐☐☐☐ ☐☐☐☐☐	(total)
WED	☐☐☐☐☐ ☐☐☐☐☐ ☐☐☐☐☐ ☐☐☐☐☐ ☐☐☐☐☐	(total)
THU	☐☐☐☐☐ ☐☐☐☐☐ ☐☐☐☐☐ ☐☐☐☐☐ ☐☐☐☐☐	(total)
FRI	☐☐☐☐☐ ☐☐☐☐☐ ☐☐☐☐☐ ☐☐☐☐☐ ☐☐☐☐☐	(total)
SAT	☐☐☐☐☐ ☐☐☐☐☐ ☐☐☐☐☐ ☐☐☐☐☐ ☐☐☐☐☐	(total)
SUN	☐☐☐☐☐ ☐☐☐☐☐ ☐☐☐☐☐ ☐☐☐☐☐ ☐☐☐☐☐	(total)

WEEK NO. _____ DATE _____ WEEK TOTAL _____ (carbs)

Fill in the boxes to track your weekly carb intake. ■ = 2 CARBS ■ = 1 CARB

WEIGHT CHART

	MON	TUE	WED	THU	FRI	SAT	SUN	ending wt
+ 7 lbs								
+ 6 lbs								
+ 5 lbs								
+ 4 lbs								
+ 3 lbs								
+ 2 lbs								
+ 1 lb								
starting wt								
– 1 lb								
– 2 lbs								
– 3 lbs								
– 4 lbs								
– 5 lbs								
– 6 lbs								
– 7 lbs								

total lbs lost/gained _____

YIN FOODS

PORTION SIZE/GRAMS OF CARBOHYDRATES

Meat
beef (6 oz/o)
lamb (6 oz/o)
organ meats (6 oz/o)
chicken dark (6 oz/o)
turkey dark (6 oz/o)
wild game (6 oz/o)

Seafood
lite tuna (6 oz/o)
salmon (6 oz/o)
sardines (6 oz/o)
roe (6 oz/o)
anchovies (6 oz/o)
herring (6 oz/o)
mackerel (6 oz/o)
crab (6 oz/o)
lobster (6 oz/3)
oyster (6 oz/13)

Dairy
whole milk (1 C/12)
cheese (3 oz/1)
yogurt plain (1 C/8)
half and half (1 oz/1)
cottage cheese (½ C/3)
cream cheese (1 oz/1)

Other Proteins
chicken egg (1/1)
tofu (2 oz/1)

Vegetables
artichokes (1/7)
asparagus (7 spears/3)
avocado (1/5)
carrots (1/5)
cauliflower (12 florets/3)
celery (1 stalk/1)
green beans (½ C/3)
mushrooms (½ C/1)
black olives (5/1)
green olives (10/5)
peas (½ C/7)
cooked spinach (1 C/1)
winter acorn (½ C/10)
butternut (½ C/8
chard (½ C/1)
kale (½ C/3)
romaine(1 C/1)

Fruits*
tart apple (1/17)
firm banana (1 *sm*./21)

Nuts & Seeds
all are acceptable
peanuts (1 oz/4)
almonds (1 oz/3)
walnuts (1 oz/2)
peanut butter (1 T/4)

Miscellaneous
butter (o)
lard (o)
tallow (o)
coconut oil (o)
ex. virgin olive oil (o)

* in moderation

YANG FOODS

PORTION SIZE/GRAMS OF CARBOHYDRATES

Meat
lean pork (6 oz/o)
chicken breast (6 oz/o)
turkey breast (6 oz/o)

Seafood
catfish (6 oz/o)
cod (6 oz/o)
flounder (6 oz/o)
haddock (6 oz/o)
halibut (6 oz/o)
perch (6 oz/o)
albacore tuna (6 oz/o)
scrod (6 oz/o)
sole (6 oz/o)
trout (6 oz/o)
crab (6 oz/o)
shrimp (6 oz/o)
clams (6 oz/9)

Dairy
low fat milk (1 C/1 3)
low fat cheese (3 oz/1)
l.f. yogurt plain (1 C/17)
cottage cheese (½ C/3)

Other Proteins
chicken egg (1/1)
tofu (2 oz/1)

Vegetables
beets (1 C/8)
broccoli (½ C/2)
brussel sprouts (7/8)
cabbage (½ C/1)
chard (½ C/1)
corn (½ C/14)
cucumber (½ *sm*./2)
eggplant (½ C/2)
kale (½ C/3)
leafy greens (1 C/1)
lettuce (1 C/1)
onion (1/8)
peppers (½ C/3)
potatoes (½ C/14)
radishes (6/1)
sprouts (1 C/1)
summer squash (1 C/3)
tomato (1/3)
turnips (½ C/2)
yams (½ C/16)
zucchini (1/3)

Fruits*
tart apple (1/17)
firm banana (1 *sm*./21)

Oils*
coconut, olive,
and sesame oils (o)

Nuts & Seeds
pumpkin seeds (1 oz/5)
sesame seeds (1 oz/3)
sunflower seeds (1 oz/3)
peanuts (1 oz/4)

Meat
lobster (6 oz/3)
shrimp (6 oz/o)
shellfish* (6 oz/12)

* in moderation