

## The 5-Day Energy Experiment

Discover What Foods Make You Feel **GREAT**  
AND WHAT FOODS TAKE AWAY SOME OF THAT GREATNESS ;)

The purpose of this exercise is to help you uncover what foods generate the highest amounts of energy and nutrition for your body, and what foods (or micronutrients) take some of this energy away.

**Use this log to evaluate your energy throughout the week.**

1. **Monday** - Start your morning with a smoothie and eat as usual during the rest of your day
2. **Tuesday** - Aim to fast until 10 am - 12pm and skip breakfast altogether. Follow the **Magic Plate Template** for lunch. Have dinner as usual
3. **Wednesday** - Have a chia pudding for breakfast when you feel hungry (but not ravenous!). Eat as usual for lunch/snacks. Have a big salad for dinner with a serving of healthy fat and protein
4. **Thursday** - Eat as usual but avoid grains during the entire day. Focus on green smoothies, fresh and steamed vegetables, and lean protein. You can eat organic tofu or edamame.

5. **Friday** – For breakfast, consume complex carbs of your choice but avoid simple carbs like sugar/bagels/muffins/sweetened yogurt, etc. Skip smoothies that day. For lunch and dinner, eat as usual

\*An example of complex carbs is oatmeal/quinoa/buckwheat/millet

You can sweeten oats with monk fruit, stevia or erythritol (they are considered healthy sweeteners because they are derived from plants and don't affect your blood sugar. Avoid adding raisins, dates, maple syrup or other sweeteners.

**Now take a snapshot of the questions below and use your journal to log in your daily scores.**

I. Upon awakening (what time?...), I felt:

- **Hungry**
- **Not hungry**
- **Thirsty and hungry**
- **Thirsty but not hungry**
- **Alert and naturally energized**
- **Too sleepy to pay attention**

II. Before eating breakfast (what time?...), I evaluate my energy as being:

- **Low**
- **Average**

- **High**
- **Didn't have breakfast today**

III. After eating breakfast (what time?...), I evaluate my energy as being:

- **Still Low/ Craving more food**
- **Better/ I felt completely satisfied**
- **I realized I wasn't that hungry to eat**
- **I am not sure**

IV. In the afternoon (what time?...), I evaluate my energy as being:

- **Very Low (Felt like a zombie)**
- **Good, but I needed a snack**
- **Good, but I had a snack out of habit**
- **Balanced and Energized (I didn't even think about snacking)**
- **I was too busy to pay attention**

V. Before dinner (what time?...), I evaluate my hunger as:

- **Not high**
- **Moderate**
- **Very hungry**
- **Ravenous to the point of over-eating**

VI. After dinner (what time?...), I evaluate my energy as being:

- **I felt satisfied before finishing my meal**
- **I needed more food but I stopped eating to avoid feeling stuffed**
- **I needed more food and came back for a late snack**

- **I was satisfied and ready for bed**
- **I had too much energy, I couldn't fall asleep**
- **Other**

VII. Before exercising (what time?...), I evaluate my energy as being:

- **Low but I still pushed through my workout**
- **Average and pretty good**
- **Needed a snack to be able to endure it**
- **Didn't snack and still exercised as a champion**
- **Not sure**

VII. After exercising (what time?...), I evaluate my energy as being:

- **Really fatigued**
- **Tired but energized**
- **Really Pumped**
- **Super energized but also very hungry**

**Anything else you want to add:**

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**Voila!** Now you are one step closer to adding more flair and radiant energy back into your life! Please don't forget to approach with

experiment with curiosity and not judgment. And also to have fun spending time with yourself and your body! 😊

It is likely to discover insights you didn't have before or to confirm knowledge you already knew, or both.

Your biggest supporter,

~Ana-Maria