

Do the

Stacking Plan

by Sally Beare, dip BCNH, CNHC



Stack on the good habits, lose the bad ones, feel the benefits



There's no need to wait for 'the right moment' when you do the Stacking Plan. If you just start eating breakfast today or tomorrow, then you've already begun. And when you feel the benefits of that, you should be inspired to keep on adding in the good stuff. It's all adding - no subtracting!

Just tick the box for each day that you manage to add in that habit. If you miss a box or two, don't worry, just keep on. You can also note any symptoms you wish to. Each time you start a new week, just check to make sure the previous week's habit remains.



Breakfast Week

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Symptoms:



Fruit Week

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Symptoms:



Vegetables Week

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Symptoms:



Proteins Week

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Symptoms:



Carbs Week

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Symptoms:



Fats Week

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday



Digestion Week

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Symptoms:



Probiotics Week

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Symptoms:



Drinks Week

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Symptoms:



No more S.A.D. Week

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Symptoms: