

THE FILLERS	# 3 SEVEN DAYS	RANGE SEVEN DAYS	#4 SEVEN DAYS	#5 SEVEN DAYS	#6 SEVEN DAYS	#7 SEVEN DAYS	ETC. SEVEN DAYS
Bread							
Salad							
Hi-End Protein							
Starch							
Dessert							
Beverage							
Alcohol							
No-Meal Meal							
Other							
BBDA							

1. Skip and Scatter same category foods.
2. Bread or Beverage or Dessert or Alcohol; ONE of four or none.
3. Diminish Portion Size.
4. No multiples, for example no two breads or two drinks.