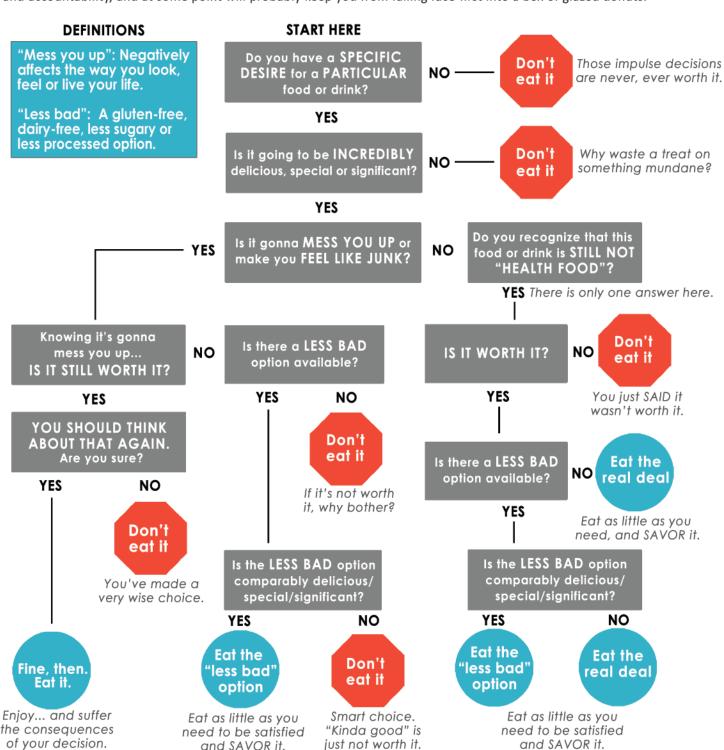




Walk yourself through this "cheat sheet" every single time you want to indulge in an off-plan food or drink. While many of the questions here might seem obvious, do not dismiss any of the steps. They are all carefully designed to increase awareness and accountability, and at some point will probably keep you from falling face-first into a box of glazed donuts.



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