

ENERGY & HEALTH RESET GAME BOARD

INSTANT RICE	SOY MILK	HIGH SUGAR PROCESSED CEREAL	BAGEL	BAKED POTATO	HABIT & SYSTEM RESET	HIGHLY PROCESSED BREAD	WHOLE GRAIN PASTA	FRENCH BREAD	PRETZELS
FROZEN WAFFLES	CHEESE PIZZA	RAISINS	BROWN RICE	☹️ OBESITY	PASTRIES	☹️ TENSION	MUESLI	☹️ SMOKING	WHOLE WHEAT BREAD
BEANS	SOME ENERGY BARS	PEANUTS	DATES	ASPARAGUS	LONG GRAIN RICE	INSTANT POTATOES	ZUCCHINI	★ VICTORY!	USANA NUTRIMEAL
PROCESSED CARBS	FRENCH FRIES	HABIT & SYSTEM RESET	HIGH SUGAR COOKIES	HONEY	* HIGHER PROCESSED = FASTER ABSORPTION	ORANGE JUICE	MASH POTATOES	HIGH SUGAR PROCESSED CEREAL	LOW FAT HIGH CARBS
MACARONI & CHEESE	☹️ SMOKING	YAMS	☹️ TENSION	CRACKERS	LINGUINE	CELLULAR NUTRITION	HIGH SUGAR INSTANT HOT CEREAL	☹️ OBESITY	ANGEL FOOD CAKE
WHOLE GRAINS	USANA NUTRIMEAL	CARAMEL POPCORN	USANA SNACK BAR	BROCCOLI	★ VICTORY!	KIWI FRUIT	SALAD GREENS	FAT-FREE MILK	CANDY
CORN FLAKES	DOUGHNUT	FRESH FRUITS	JELLY BEANS	STUFFING MIX	☹️ OBESITY	APPLE	FRUIT ROLL-UPS	GRAPENUT FLAKES	HABIT & SYSTEM RESET
☹️ OBESITY	☹️ TENSION	NEW POTATOES (BABY REDS)	CELLULAR NUTRITION	☹️ SMOKING	FRESH VEGETABLES	DOUGHNUTS	☹️ TENSION	TACO SHELLS	WHITE RICE
*HIGHER FIBER = LOWER ABSORPTION RATE	FRESH VEGETABLES	CELLULAR NUTRITION	FRESH VEGETABLES	OAT BRAN BREAD	CORN CHIPS	SALAD GREENS	GRAHAM CRACKERS	DRIED APRICOTS	TOMATOES
☹️ SMOKING	★ VICTORY!	☹️ OBESITY	☹️ TENSION	CELLULAR NUTRITION	☹️ SMOKING	☹️ OBESITY	CELLULAR NUTRITION	☹️ TENSION	☹️ SMOKING