

# HUNGER SATISFIED JOURNAL

*When you have eaten and are **SATISFIED**  
you shall bless the **LORD** your God for the  
good land which He has given you*

*One  
Week  
Sample*



ANNETTE REEDER



## What to Expect

This **Hunger Satisfied Journal** tracks progress and success. Some days will be hard and other days will be incredibly joyful.

When a house is built it seems the clearing of the land and pouring the footings are slow processes. Yet the footings create a solid foundation that is stable during storms. The same is true of health. This journal sets the footings for a lifetime of success. It may seem slow at first yet, believe me, the results will amaze you!

Plus, the mental shift learned from using this journal will give you success for the rest of your life. Never again even say the word – *diet!* Never say: *I need TO GET healthy.* You will be there and always know how to maintain it.

You will say: *I am Satisfied!*

The results from using this journal as instructed – with no wavering – will be:

- No longer challenged with food
- No longer binge/purge/overeat/eat mindlessly
- Feel amazing and in control
- Feel the true gift of health God promised
- Recognize and respond to the body cues with satisfaction

## How to Get Started

**Read all the instructions.** This journal has been used in all coaching groups through *The Biblical Nutritionist* coaching and those who did not follow **all** the instructions did not see results as quickly. When they went back, read it thoroughly and followed it diligently through the coaching groups, they exceeded expectations.

**Journal.** It has been proven that those who journal have a 70% higher success rate over those who don't. This journal has several built-in notes to make sure your success happens quickly. Study each segment to ensure you get off to a great start.

**Join a coaching group.** Accountability and having a coach to help you is valuable. Jesus not only taught His disciples, He coached them to help them see what they werethinking and whether or not it lined up with His Words. Join the **Inner Circle!** Working with me and my team of trained coaches makes this journey quicker and more enjoyable.



# How to Use This Journal

**Credits** Every day give yourself 3 credits for doing well. This can be credits for any area of your life including eating. Our focus is to be on what we did well and not where we messed up. *What we are changing is looking at what we did right and focusing on that.*

Examples of credits:

- I fasted 12 hours today – Yippee!
- I walked 20 minutes today – super!
- I ate lots of fiber today!
- I woke up and said *Today is going to be an Amen day!*
- I followed my 24 hour plan completely!

**Advantage** Write one advantage for following a healthy eating plan. This can be the same for several days or it can be different.

Examples of Advantages:

- I will feel amazing and energized playing with my kids or grandkids
- My breathing will be easier
- I will have no more pain
- I will honor God with my body

**Water** Track your intake of water. Try to get 16 ounces of water in daily when you first awake. Each number on the journal represents 1 glass of 8 ounces.

**Record All Food** Hopefully you are planning your meals 24 hours in advance. At each meal or snack make sure all food consumed is written down.

**Answer Questions** At the end of each day answer the questions. These can also become credits. Congratulate yourself for every YES!

**Journal** Use the journal space to write how you feel, a prayer to God, why you ate, and plans for future. Please don't pass this up. As you write notes in this journal it will reveal later what is working and what is not. The more you journal, the more you will see change happen!! Be honest! Breakthroughs are coming!

## Hunger/Fullness Scale

1. Famished – I could eat the wallpaper, stomach growling
2. Hungry and ready to eat
3. I would like to eat very soon
4. Sort of hungry – getting ready
5. Neither hungry or satisfied
6. Starting to feel satisfied. Stopping here would make you feel 'light' - a great feeling!
7. Comfortable – food no longer taste amazing
8. Satisfied and feeling full – now is a good time to stop.
9. Too full – past satisfied – why am I still lifting my fork to my mouth?
10. Thanksgiving stuffed – gluttony – I don't like how I feel.



# Hunger ~ Satisfied Testimony

*Do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect. Romans 12:2*

**DATE** \_\_\_\_\_ Water 1 2 3 4 5 6 7 8 9

VITAMINS: Multi Probiotic B Complex Vitamin D Calcium/Magnesium Omega

**BREAKFAST** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed  
Time \_\_\_\_\_

Foods and amounts

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**LUNCH** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed  
Time \_\_\_\_\_

Foods/amounts

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**DINNER** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed  
Time \_\_\_\_\_

Foods/amounts

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3 Credits

**SNACKS** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10 Stuffed  
Time \_\_\_\_\_

Foods/amounts

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My Advantage

Was the food planned prior to starting the day?

Did you follow your plan?

How many days have you followed a plan?



# Hunger ~ Satisfied Testimony

*Whatever you do in word or deed, do all in the name of the Lord Jesus, giving thanks through Him to God the Father. Colossians 3:17*

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**BREAKFAST** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10  
Stuffed Time \_\_\_\_\_

Foods and amounts

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Time \_\_\_\_\_

Foods/amounts

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**DINNER** Hunger/Fullness Scale: Starving 1 2 3 4 5 6 7 8 9 10  
Stuffed Time \_\_\_\_\_

Foods/amounts

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3 Credits

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Stuffed Time \_\_\_\_\_

Foods/amounts

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My Advantage

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# Hunger ~ Satisfied Testimony

*I have told you this so that my joy may be in you and that your joy may be complete. John 15:11*

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Foods and amounts

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Foods/amounts

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My Advantage



# Hunger ~ Satisfied Testimony

*So, whether you eat or drink or whatever you do, do it all for the glory of God. 1 Corinthians 10:31*

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Foods/amounts

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How many days have you followed a plan?

My Advantage



# Hunger ~ Satisfied Testimony

*Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God – this is your true and proper worship. Romans 12:1*

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Foods and amounts

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Foods/amounts

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My Advantage

Was the food planned prior to starting the day?

Did you follow your plan?

How many days have you followed a plan?





# Hunger ~ Satisfied Testimony

*You did not choose me, but I chose you and appointed you so that you might go and bear fruit – fruit that will last and so that whatever you ask in my name the Father will give you. John 15:16*

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Foods and amounts

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Foods/amounts

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My Advantage

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# Hunger ~ Satisfied Testimony

*Trust in the Lord with all your heart and do not lean on your own understanding. In all your ways acknowledge Him, and He will make your paths straight. Proverbs 3:5-6*

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# Congratulations

on completing this incredibly transformational tool!

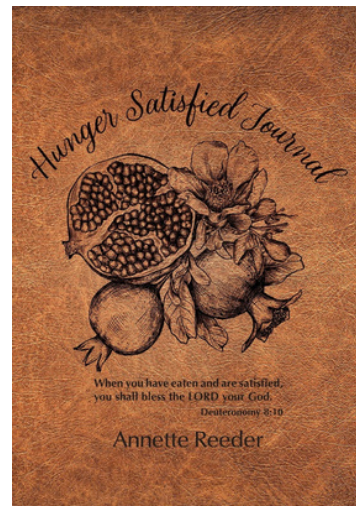
If you have not already enrolled in the [40-Day Transformation Spiritually and Physically](#), it would be the next great step!



Stay engaged on our website:  
<https://thebiblicalthnutritionist.com/>

Watch our YouTube channel:  
[The Biblical Nutritionist](#)

If you'd like to dive deeper into the wonderful practice of journaling, I suggest getting a copy of the newly updated and expanded [Hunger Satisfied Journal!](#)



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