

# Appendix F

## DESTINATION

### REPLACEMENT JOURNAL

Choose a timeframe in which you think can realistically steer toward new and healthier choices. Then, using Lists A, B, and C, write down one SAD item at each meal you will replace with one living item or one Hallelujah cooked food item. Remember your ratio of 85-percent living and 15-percent cooked foods!

Try replacing entire meals with recipes found in the Recipe section of this book. You may choose to start by replacing either main dishes or only side dishes. It's up to you whether you choose to dive in "cold turkey" like some, enjoying the benefits of an immediate lifestyle change—or to take a more gradual approach, even if it means replacing one bad ingredient with one good ingredient at every meal. The important thing is to move in a positive direction, taking permanent steps toward better health. Use Table 22.13 on the next page.

## The *Hallelujah* Diet

<b>WEEKLY JOURNAL</b>		
DAY ONE _____		
BREAKFAST REPLACE: WITH:	LUNCH REPLACE: WITH:	DINNER REPLACE: WITH:
DAY TWO _____		
BREAKFAST REPLACE: WITH:	LUNCH REPLACE: WITH:	DINNER REPLACE: WITH:
DAY THREE _____		
BREAKFAST REPLACE: WITH:	LUNCH REPLACE: WITH:	DINNER REPLACE: WITH:
DAY FOUR _____		
BREAKFAST REPLACE: WITH:	LUNCH REPLACE: WITH:	DINNER REPLACE: WITH:
DAY FIVE _____		
BREAKFAST REPLACE: WITH:	LUNCH REPLACE: WITH:	DINNER REPLACE: WITH:
DAY SIX _____		
BREAKFAST REPLACE: WITH:	LUNCH REPLACE: WITH:	DINNER REPLACE: WITH:
DAY SEVEN _____		
BREAKFAST REPLACE: WITH:	LUNCH REPLACE: WITH:	DINNER REPLACE: WITH:

Table 22.13