



# GENESIS 7

## REDUCE INFLAMMATION

Certain foods and products can have negative impacts on the body. Each week, count the number of times you consume the foods in each category. Write your tally in the respective day and week. The goal is to reduce inflammatory foods.

HYDROGENATED OILS	DAIRY PRODUCTS	SWEETENERS
<input type="text"/> Margarine	<input type="text"/> Whole milk	<input type="text"/> Aspartame
<input type="text"/> Canola oil	<input type="text"/> Low-fat yogurt	<input type="text"/> Sweet 'N Low
<input type="text"/> Fake butter	<input type="text"/> Ice cream	<input type="text"/> Sweet One
<input type="text"/> Shortening	<input type="text"/> Evaporated milk	<input type="text"/> High Fructose Corn Syrup
<input type="text"/> Corn oil	<input type="text"/> Condensed milk	<input type="text"/> Honey substitutes
<input type="text"/> Rapeseed oil	<input type="text"/> Cheeses	<input type="text"/> Agave Syrup/nectar

  

ALCOHOL	GLUTEN PRODUCTS	CARBONATED BEVs
<input type="text"/> Beer	<input type="text"/> Wheat	<input type="text"/> Sodas
<input type="text"/> Tequila	<input type="text"/> Barley	<input type="text"/> Energy drinks
<input type="text"/> Spirits	<input type="text"/> Rye	<input type="text"/> Sparkling wine
<input type="text"/> Wine	<input type="text"/> Oats	<input type="text"/> Juice drinks
<input type="text"/> Gin	<input type="text"/> Triticale (cross between wheat + rye)	<input type="text"/> Diet sodas
<input type="text"/> Whiskey	<input type="text"/> White grains	<input type="text"/> Fizzy drinks

  

PROCESSED FOODS	REFINED CARBS	STIMULANTS
<input type="text"/> Lunch meats (with preservatives)	<input type="text"/> Whole grain crackers	<input type="text"/> Coffee
<input type="text"/> Canned products	<input type="text"/> Pastries	<input type="text"/> Tea
<input type="text"/> Frozen dinners	<input type="text"/> Granola bars	<input type="text"/> Caffeine products
<input type="text"/> Dried foods	<input type="text"/> Desserts (except whole fruit)	<input type="text"/> Nicotine
<input type="text"/> Smoked meats	<input type="text"/> Candies	<input type="text"/> Illegal substances
<input type="text"/> Confectioner's sugar	<input type="text"/> White grains	<input type="text"/> Tobacco

MONDAY    TUESDAY    WEDNESDAY    THURSDAY    FRIDAY    SATURDAY    SUNDAY

WEEK 1

WEEK 2

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