

# Staple & Bonus Foods

**Conscious choices:** you decide what are your staples and bonus foods.

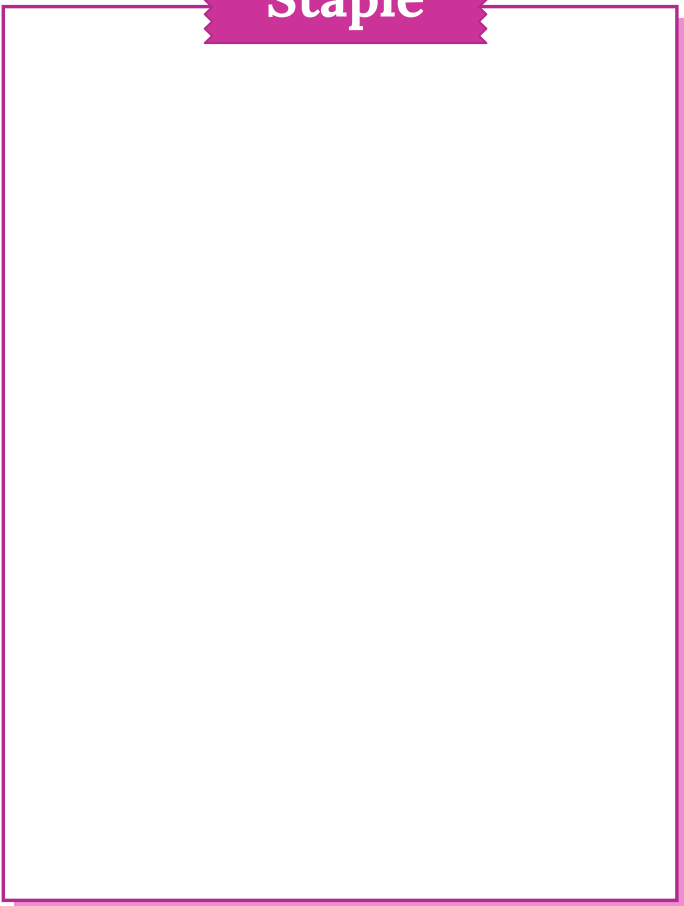
In less than 30 seconds, list all of your favourite foods.

## Favorite Foods



Once you've completed the Favorite foods. Decide which column below this food fits into - is it a bonus or a staple food? You decide. Remember I've taught you how often you can have the bonus foods and still achieve results.

## Staple



## Bonus

