

## I LIKE THESE

Which foods do you LIKE to eat that are in this category? Write those in this box.

## I KNOW FOR SURE I CANNOT HAVE THESE

Which foods are in '*A Gutsy Girl's Bible*' on the "YES" list, but you KNOW you personally cannot have them? This would usually be due to true allergy. Write those in this box.

# CATEGORY

What are the foods in this category that you are very uncertain about? i.e. You have tried it a few times, and then not felt great afterwards, while also understanding it could be related to something else altogether. Write those in this box.

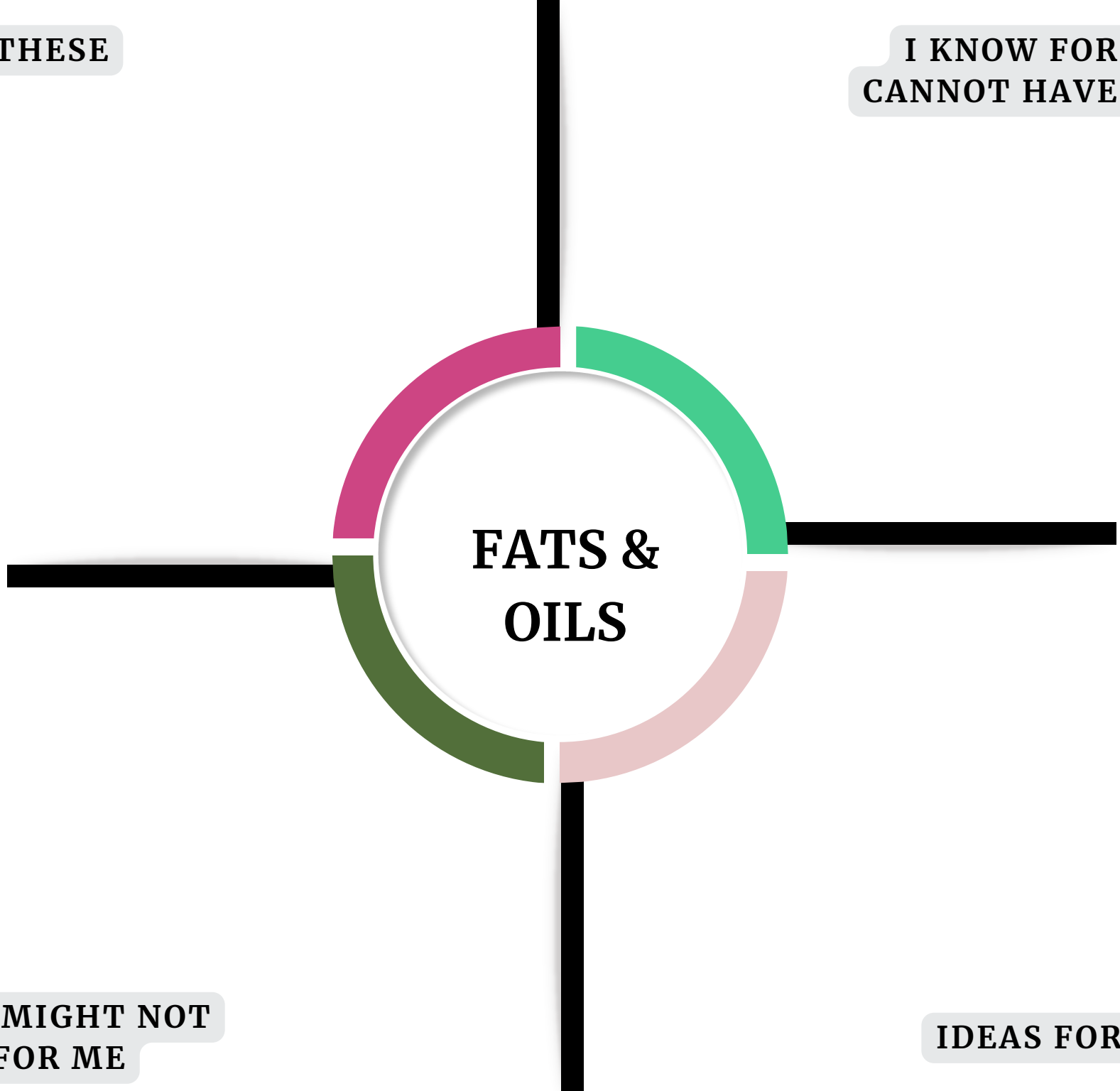
If it's a food you can have, list out some ideas for how to use it in various Creations - either mine or your own.

## THESE MIGHT NOT WORK FOR ME

## IDEAS FOR USING

**I LIKE THESE**

**I KNOW FOR SURE I  
CANNOT HAVE THESE**



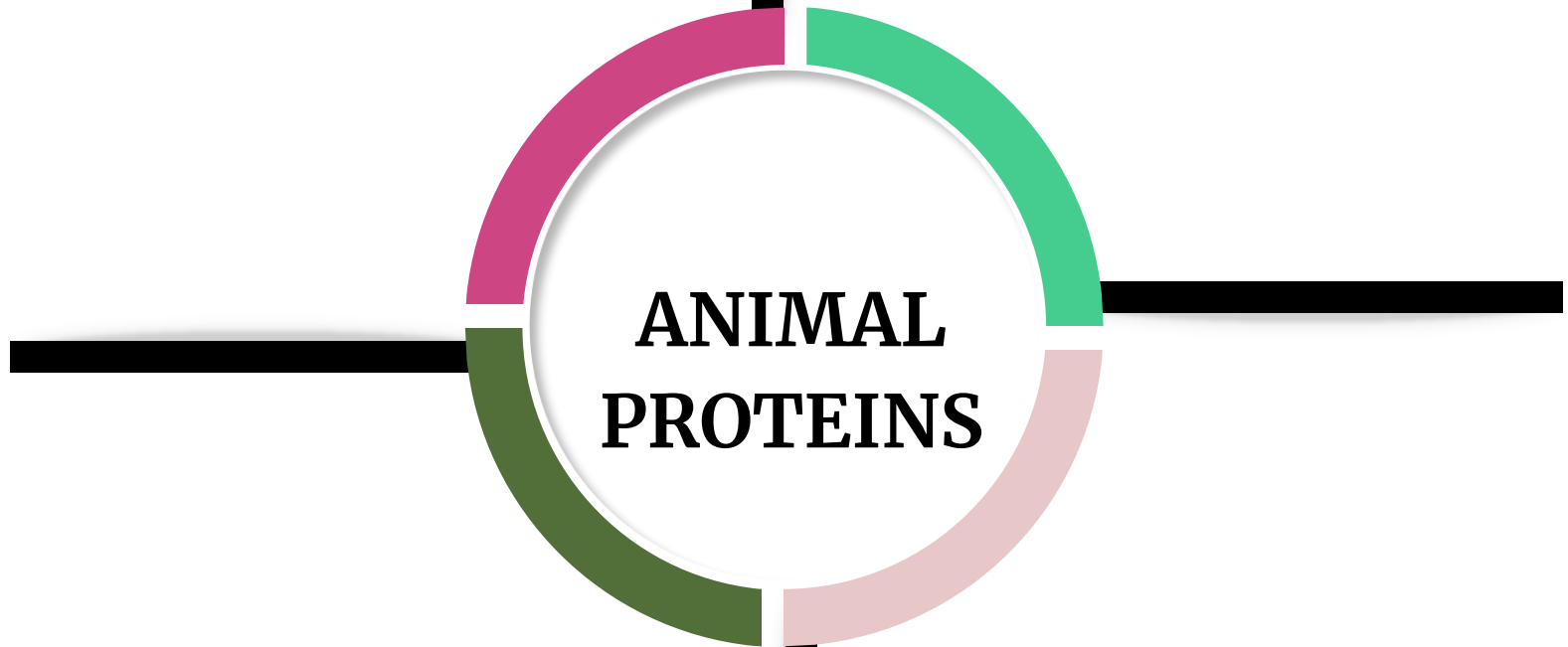
**FATS &  
OILS**

**THESE MIGHT NOT  
WORK FOR ME**

**IDEAS FOR USING**

**I LIKE THESE**

**I KNOW FOR SURE I  
CANNOT HAVE THESE**

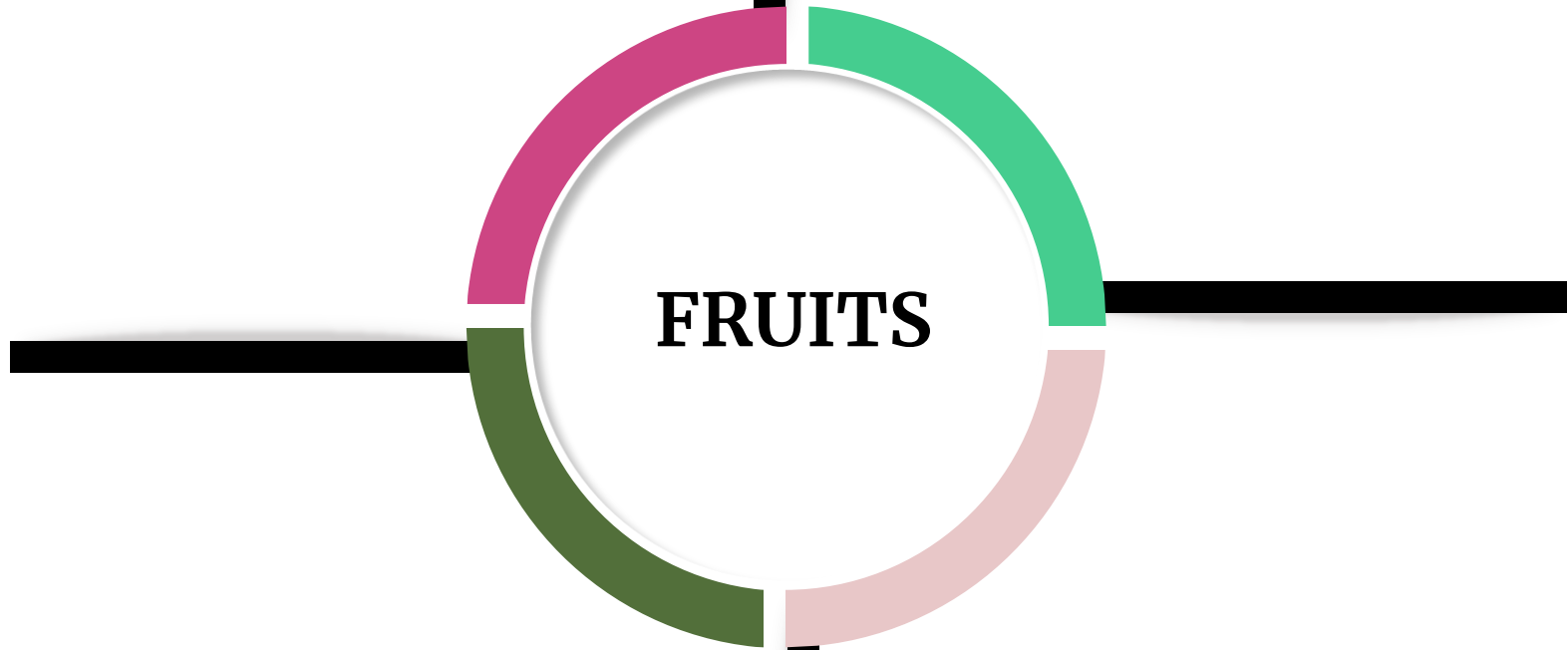


**THESE MIGHT NOT  
WORK FOR ME**

**IDEAS FOR USING**

**I LIKE THESE**

**I KNOW FOR SURE I  
CANNOT HAVE THESE**



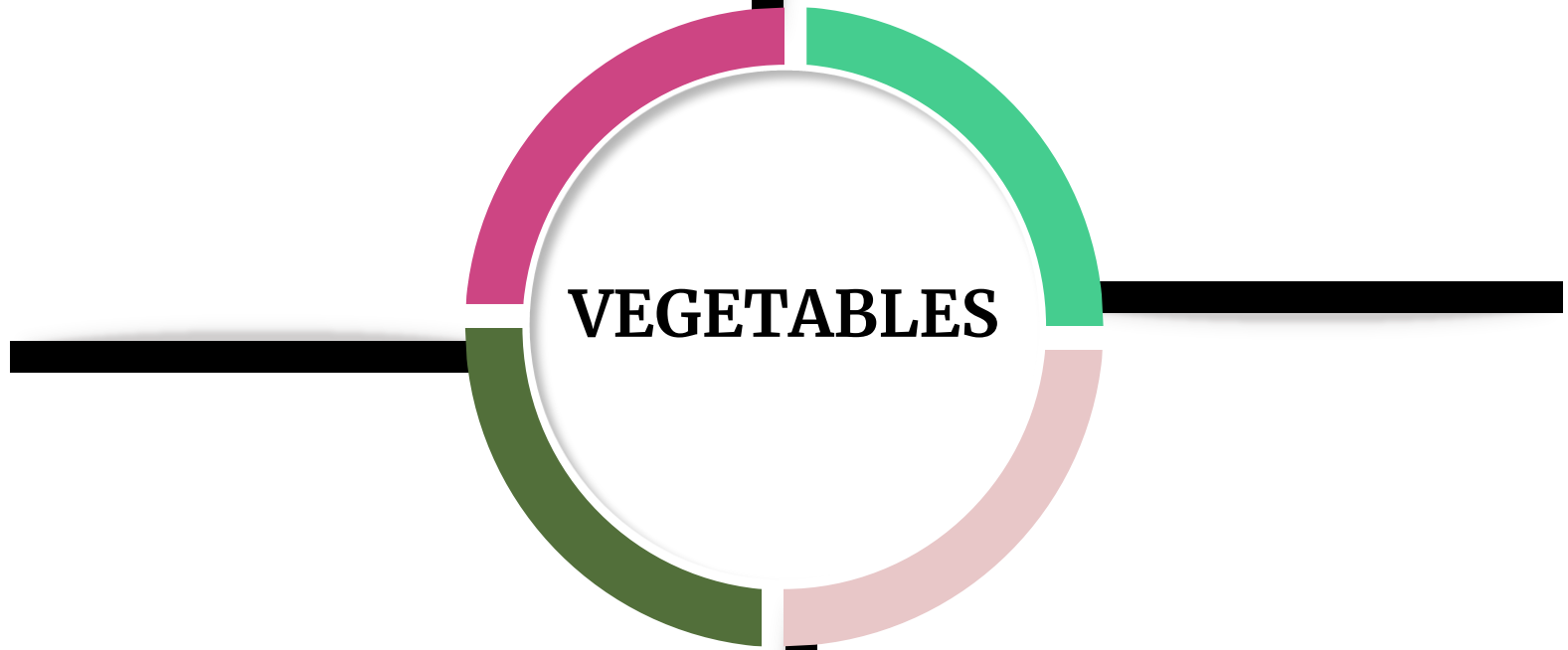
**FRUITS**

**THESE MIGHT NOT  
WORK FOR ME**

**IDEAS FOR USING**

**I LIKE THESE**

**I KNOW FOR SURE I  
CANNOT HAVE THESE**

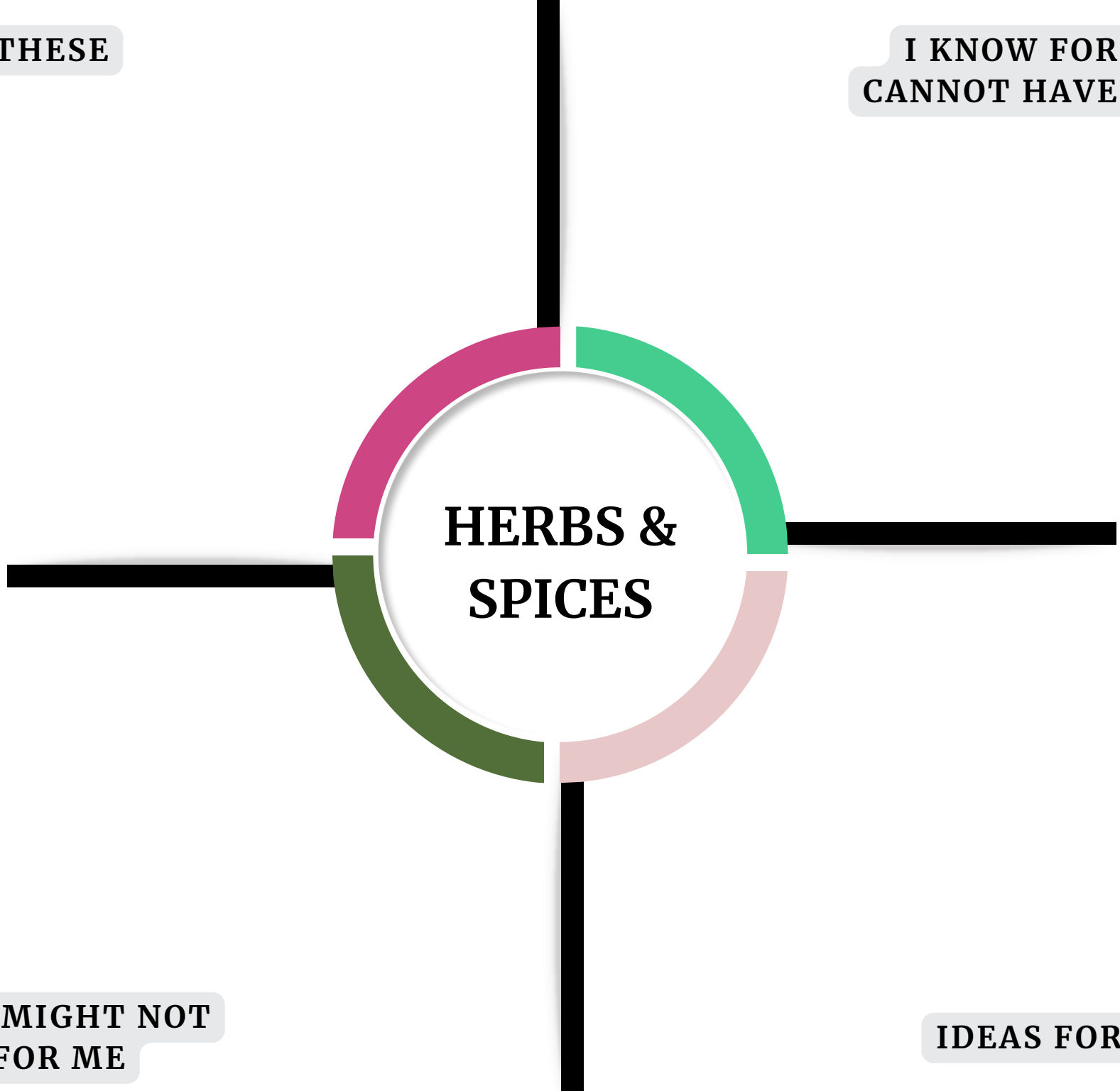


**THESE MIGHT NOT  
WORK FOR ME**

**IDEAS FOR USING**

**I LIKE THESE**

**I KNOW FOR SURE I  
CANNOT HAVE THESE**



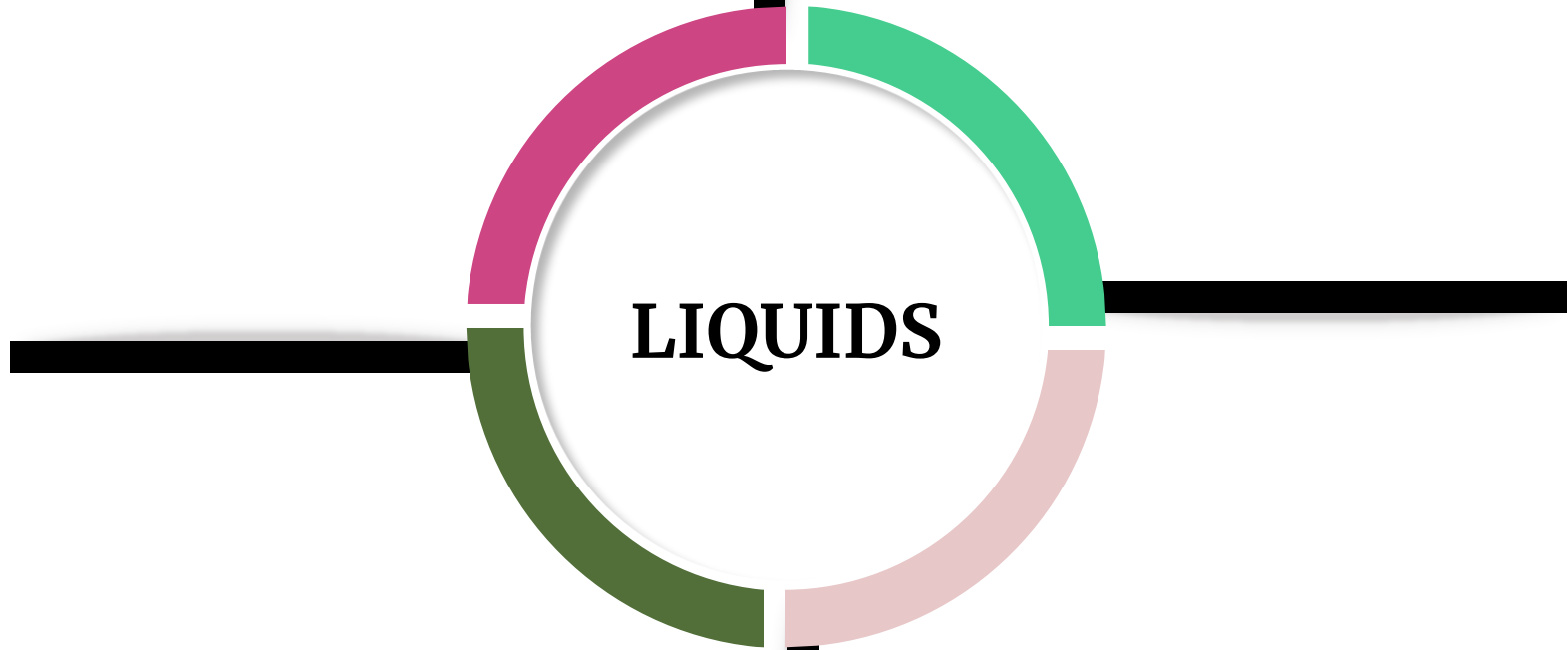
**HERBS &  
SPICES**

**THESE MIGHT NOT  
WORK FOR ME**

**IDEAS FOR USING**

**I LIKE THESE**

**I KNOW FOR SURE I  
CANNOT HAVE THESE**



**LIQUIDS**

**THESE MIGHT NOT  
WORK FOR ME**

**IDEAS FOR USING**

**I LIKE THESE**

**I KNOW FOR SURE I  
CANNOT HAVE THESE**



**PANTRY  
INGREDIENTS**

**THESE MIGHT NOT  
WORK FOR ME**

**IDEAS FOR USING**