

Mediterranean Wellness
Accountability Card
Week 1

This week you will pull your sweet tooth, and begin eating completely clean again. This accountability card will help you in this effort.

1. Take your Sweet Tooth Test score at least 3 times per week.
 - a. Expect to see this score drop over time.
 - b. Keep in mind that the absolute number doesn't matter as much as the change you see in that number over time.
2. Keep track of the specific faux foods and drinks you eat.
 - a. Expect to see a gradual increase in satiety, because your foods will tend to have natural fiber and fats in them.
 - b. Expect to find that old faux foods will eventually become something you just don't have a taste for any more. This is your goal.

	Sweet Tooth Test Score	List the Faux Foods Eaten	List the Faux Drinks
One			
Two			
Three			
Four			
Five			
Six			
Seven			

The Sweet Tooth Test Directions

To lose your Sweet Tooth, you first have to get a sense of how intense it is right now. Once you have a measurement, you can watch your sugar craving changes over time. That's where Sweet Tooth test comes in—it's a quick test and I advocate taking it once a week for the next two months.

The test

What you need:

- 5 small cups, all of the same size
- Corn syrup, sugar, or honey
- A notebook to track your results

1) Get your 5 small cups and fill each 2/3 full with water. The size of the cups doesn't matter. Just make sure they're the same cups you use every time you take this test. The first cup will be a test cup, and contain only water.

2) Next add the sweetener to cups 2 – 5 as follows.

- ☐ Stir in ½ Tbsp sugar (honey or other) to the water in the second cup.
- ☐ Stir in 1 Tbsp sugar to the water in the third cup.
- ☐ Stir in 2 Tbsp sugar to the water in the fourth cup.
- ☐ Stir in 3 Tbsp sugar to the water in the fifth cup.
- ☐ (You can use honey or any form of sugar.)

3) Testing

When you're ready, first take a sip of the reference (no sugar) cup. Then taste the first cup and assess two things on the chart below: its sweetness level on a scale from 1 – 10; and (yes or no) whether this level of sugar is intolerable (induces the gag reflex you get when you've had too much sugar). Write this value down on the chart you create from the example we've provided.

But before moving on to the next concentration of syrup, sip the cup of plain water to clear your taste buds. Then continue on in that manner, making your way up the concentration gradient until you get to the last one, or until you get to the cup that's just too sweet for you.

Week	½Tbs	1 Tbs	2 Tbs	3 Tbs
1	3	5	7	8
2	4	6	9	X
3	4	5	8	X
4	5	6	9	X
5	5	7	X	X
6	6	8	X	X
7	7	X	X	X
8	8	X	X	X

4) A Tooth Table

Sample Tooth Table

Draw your own table to look like this one. For each sugar concentration, judge how sweet it tastes to you on a scale from 1 to 10, and then write it in the **Week 1** row of boxes. If you get to the "gag me" level, where it's just too sweet to stand any more, blacken in that box with a big X and all the stronger concentrations that

follow it.

For the first week, test for the Tooth daily and average that number for the week. For the next weeks, test once per week on the same day each time, and write down the values. Keep in mind that your readings simply reflect the size of your Sweet Tooth at that particular nanosecond.

Even at that, you'll still be able to watch your taste for sugar drop over time. Remember, there's no absolute value that you should shoot for. In fact, the number you get when you do the test is completely arbitrary by itself. It only matters when you see how your sugar tolerance changes over time.

The Sweet Tooth test reveals to you how quickly the values drop, as your cravings fade away.