

Red, Yellow, and Green Light Foods

Red light foods

These are foods that you absolutely love. You're at risk of overeating them or reaching for them off plan. Your primitive brain hijacks your decision-making whenever you're faced with these foods, leaving you feeling out of control. Their main purpose is to spark a party in your mouth and make you feel good.

Yellow light foods

These are foods that you enjoy, they taste great, they still make you happy, but you're able to keep your prefrontal cortex in charge when you eat them.

Green light foods

These foods are the trifecta. They taste good, you feel amazing when you eat them, and they help you lose weight. Eventually, the goal is to have most of the foods on your 24-hour plan be green light foods.

We start small, looking for ways we can make our red light foods just 1% better. Brainstorm some ideas for your favorite red light foods below.

EXAMPLE

Red	Yellow	Green
Deep dish meat lovers pizza	Thin crust pepperoni pizza	Thin crust veggie pizza
Cheeseburger and fries	Cheeseburger and salad	Bun-less burger and salad
Tub of ice cream in front of TV	Bowl of ice cream in front of TV	Scoop of ice cream at the table

