

Samantha's (Sam) Phase I- Daily Food Plan

Healthy Breakfast for Samantha

- (School days M-F)- 7am
 - You may choose between oatmeal or eggs
 - 1 liter of water
- Weekends- 2 cheat days – on Sat and Sunday

When you finish breakfast, you keep the privilege of your phone. Otherwise, you lose it for this day and get it back the next time you finish a “Healthy Breakfast”.

Troubleshooting- What will you do if Sam says “no way” or refuses

Avoid a power struggle with an “Exit and Wait” button buster strategy

Step 1- *“Sam, we do not want to get into a power struggle, so I will exit and give you the next 30 minutes to make your choice. You have the freedom to choose. I love you and I am very proud of you regardless of the choice you make today. Call me if you finish eating early”*

Step 2: Exit and Wait and come back in 30 minutes. If done, praise Sam with great job and high five. If breakfast not, eaten or water drank, take phone for rest of day. If phone gone from previous day equals two days removed – REPEAT STEPS FOR DINNER -except with regular bedtime of 9pm as the consequence.

Healthy LUNCH – *In Phase I we will not try to do too much at one time. Let's get one meal going that I as the parent can easily monitor. Once we are consistent with breakfast Phase I we will move to Phase II to include Lunch and Dinner and cut back to one cheat days on Saturday and Sunday*

Healthy Dinner

- (School days M-F)- 6pm- Weekends on your own
 - I will prepare a nutritious dinner that will vary but will include a variety of fish, chicken, vegetables, and meat
 - Another liter of water
- Weekends- 2 cheat days - on Sat or Sunday

When you finish dinner, you get 1 extra hour of bedtime 9pm to 10pm. Otherwise, bedtime is 9pm for that night.

Snacks Between Meals

- Fruit, nuts, yogurt
- Soda, cookies, or candy on Saturday only