

5 Habits Compatibility Test

Meal	Foods Habitually Eaten	Compatible with 5 Habits	Why or why not?	Alternative meal based on habits
Breakfast	Cereal with milk Orange Juice Coffee/tea with sugar			
Snack	Bagel with cream cheese Tea with sugar			
Lunch	Tuna salad sandwich on granary bread			
Snack	Chocolate			
Exercise				
Dinner	Sausages & mash carrots & gravy Wine x 2			
Snack	Ice cream and Tea			