



THE UNEXAMINED PLATE

A 4-WEEK FOOD & MIND JOURNAL

A metacognitive journaling framework for anyone who knows exactly what to eat and still can't figure out why they don't do it.

TRAIN HEAVY. THINK DEEP. JAM HARD.

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YOU DON'T HAVE A KNOWLEDGE PROBLEM

You likely already know vegetables beat vending machines. You know a calorie deficit works. You've probably known it for years. And yet here we are, because somewhere between knowing and doing, something keeps hijacking the controls.

That something is a **thought**. A fast, automatic, mostly invisible thought. *"I deserve this."* *"I already blew it today."* *"I'll start Monday."* *"This food will calm me down."* These scripts run so quickly you don't even hear them as thoughts anymore.

This journal exists to slow those scripts down enough that you can actually read them. The fancy word for this is **metacognition**, which just means thinking about your thinking. Stepping back from the thought and looking at it instead of looking through it. It's the single most underrated skill in weight loss, because the fork never moves until a thought tells it to.

"The unexamined life is not worth living."

SOCRATES – (THAT INCLUDES THE DRIVE-THRU LINE)

Over the next four weeks you're going to play four roles: **the Observer**, **the Archaeologist**, **the Interrogator**, and **the Author**. First you'll learn to notice your food thoughts. Then you'll dig up where they came from. Then you'll cross-examine them. Then you'll write better ones and build habits on top of them. There is not a meal plan in this template. Just you, a pen, and a few minutes a day.

HOW TO USE THIS JOURNAL

Grab any notebook, or your phone's notes app. Each week has a theme, seven daily prompts, and three simple steps to run alongside the writing. Five to ten minutes a day, that's really it. Every entry, no matter the week, runs on the same four-beat loop.

THE THOUGHT AUDIT

1. **NOTICE.** Catch a food thought in the wild. An urge, a craving, a justification, a pang of guilt. You can't audit what you never see.
2. **NAME.** Write it down word for word. Naming a thought drags it into the light where it loses half its power.
3. **QUESTION.** Ask where it came from and whether it's actually true. Is this hunger or boredom? Reward or escape? Who taught me this? Where did I learn this? Did it come from a true authority?
4. **CHOOSE.** Make a deliberate call. Sometimes you'll still eat the thing. Fine. The win is that YOU decided, instead of your instincts.

Three ground rules. One, try not to judge your thoughts off the bat. You're a scientist studying the data, and shame corrupts the data. You'll make judgements eventually, but explore a bit more first, you can't control every thought that you have. Two, write honestly or don't bother, nobody's grading this. Three, missed a day? Pick it back up the next day. A skipped entry is just a missed data point, never a failure.

WHY THIS WORKS

Research on self-monitoring consistently shows that people who track and reflect lose more weight than people who only follow a plan. Awareness comes before behavior, and behavior comes before results.

WEEK ONE

THE OBSERVER

Notice everything. Change nothing.

This week you have one job, and it's going to feel weirdly passive: **watch yourself eat without changing anything.** No dieting, no restricting, and no “being good.” Just observation. You're gathering surveillance footage on your own mind.

DAY 1	List every time you ate or wanted to eat today. Next to each, write what you were feeling right before. Hungry counts. So does bored, stressed, lonely, and celebrating.
DAY 2	Catch one craving today and freeze it. Where do you feel it in your body? What exact words run through your head while it's happening?
DAY 3	What did you eat standing up, in the car, or in front of a screen today? Were you avoiding sitting alone with something?
DAY 4	Rate your hunger 1 to 10 before each meal today. How many times did you eat below a 5? What pulled the trigger instead of hunger?
DAY 5	Write down three food rules you follow without thinking. “Clean your plate.” “No carbs at night.” “Dessert after dinner.”
DAY 6	What time of day is your willpower weakest? Describe that hour like a scene from a movie. Where are you, what's around you, what happens?
DAY 7	Reflection: read back over the week. What's the one pattern that surprised you most? Write it as a single sentence starting with “I notice that I...”

THREE SIMPLE STEPS THIS WEEK

- Put your pen or notes app where you eat. Friction kills observation.
- Before any unplanned snack, pause for ten seconds. Don't resist it, just pause and look at it, then count to ten.
- Drink a glass of water with breakfast every day. One easy win builds the habit muscle for everything else.

THINK DEEP • PLATO'S CAVE

Plato described prisoners watching shadows on a cave wall, mistaking the shadows for reality. Your automatic food thoughts are the shadows. This week you're just turning your head toward the fire. That alone changes everything that comes after.

WEEK TWO

THE ARCHAEOLOGIST

Every food thought has an origin story. Dig it up.

Nobody is born believing food is a reward, a comfort, or a moral test. Somebody installed that software. Family, culture, old coaches, exes, magazine covers from 2007. This week you trace your food thoughts back to their source, because a belief begins to lose its grip the moment you can see where it was bolted on.

DAY 8	What did mealtimes generally feel like in the house you grew up in? Calm, chaotic, silent, celebratory? Write the scene.
DAY 9	How was food used in your family besides nutrition? Reward, punishment, apology, love, control? Give one concrete memory.
DAY 10	Who first made you feel judged about your body or your plate? What did they say, and what belief did you carry out of that moment?
DAY 11	Take the food rule you named on Day 5. Whose voice is it actually in? Yours, or someone else's? When did you adopt it?
DAY 12	What does "comfort food" mean to you, specifically? What is the food standing in for, and when did that substitution start?
DAY 13	Finish this sentence 10 different ways: "I eat the way I do because..." Don't overthink it. The tenth answer is usually the honest one.
DAY 14	Reflection: of everything you dug up this week, which inherited belief no longer serves you? Write it down, then write: "I see you, and I didn't choose you."

THREE SIMPLE STEPS THIS WEEK

- Eat one meal this week with zero screens. Just you and the plate. Notice what surfaces.
- When a craving hits, ask out loud: “What am I actually hungry for right now?” Answer honestly before deciding. (not just what you have available to you, but what you’d choose if you could have anything).
- Take a ten minute walk after one meal each day. Use the movement as punctuation, a way of ending the meal on purpose.

THINK DEEP • NIETZSCHE'S GENEALOGY

Nietzsche made a career of asking where our values actually came from, instead of assuming they fell from the sky. Run the same audit on your plate. A belief you inherited without consent is a belief you're allowed to fire.

WEEK THREE

THE INTERROGATOR

Put your thoughts on trial. Most of them won't survive cross-examination.

You've spotted the thoughts and traced their origins. Now you get to do the fun part: interrogate them like a detective who already knows the suspect is lying. The big lies tend to wear the same few disguises, so learn the faces: **all-or-nothing** (“I ate one cookie, the day is ruined”), **permission logic** (“I trained today, I've earned anything I want”), **fortune telling** (“I always fail anyway”), and **emotional reasoning** (“I feel like a failure, so I am one”).

DAY 15	Catch one “I blew it” thought this week, today if possible. Write it down, then answer: ruined compared to what? What would a single bad meal actually cost over a whole month?
DAY 16	Take your loudest food justification and demand evidence. Is it factually true? Would you accept this excuse from someone you were coaching?
DAY 17	Write down a food thought, then write what you'd say to your best friend if they said it about themselves. Notice the gap in tone. Why do you get the cruel version?
DAY 18	Find one “always” or “never” in your self-talk this week. “I always quit.” “I never have discipline.” List three concrete memories that contradict it.

DAY 19

When you eat to escape a feeling, what happens to that feeling afterward? Did the food solve it or just hit snooze on it? Write what the feeling was actually asking for.

DAY 20

Pick your strongest food belief and argue the opposite side for one paragraph, like a debate assignment. You don't have to agree with it. Just prove you can see around it.

DAY 21

Reflection: which thought lost its trial this week? Write the verdict: "The thought said _____. The evidence says _____."

THREE SIMPLE STEPS THIS WEEK

- Use the 10-minute delay. Craving hits, set a timer, revisit it when it rings. Eat it or skip it, but decide consciously.
- Plate everything if possible. Even if it's from a bag, box, or container. Make every portion a visible, deliberate decision.
- After any "off-plan" eating, write one sentence about it instead of spiraling. Data in the journal beats shame in the head.

THINK DEEP • THE SOCRATIC METHOD

Socrates rarely JUST lectured anybody into wisdom. He just asked questions until weak ideas collapsed under their own weight. Be that annoying with your own cravings. A thought that can't survive three honest questions never deserved to run your life.

WEEK FOUR

THE AUTHOR

You've read the old script. Now write the new one.

Demolition is over. This week you build. The old thoughts won't vanish, they've had years of reps, but you can install replacements and train them like any other lift. New scripts, planned in advance, tied to your identity instead of your impulses.

DAY 22

Take the worst thought from Week 3 and write its replacement. Make yours sound like you.

DAY 23	Write three if-then plans for your weakest moments. “If it’s 9pm and I’m wandering to the kitchen, then I make tea and step outside first.” Specific situation, specific response.
DAY 24	Describe the person you’re becoming in the present tense. How do they eat? How do they talk to themselves after a rough day? Write a full paragraph.
DAY 25	What does food mean to you now, in your own words? Write your personal definition, the one you chose instead of the one you inherited.
DAY 26	Plan tomorrow’s hardest food moment in advance. Name the time, the place, the trigger, and exactly what you’ll think and do when it arrives.
DAY 27	Write a short letter to the version of you who started this journal 27 days ago. What do you know now that they didn’t?
DAY 28	Final reflection: list the three biggest things you learned about your own mind this month. Then write one sentence committing to the single habit you’re keeping forever.

THREE SIMPLE STEPS THIS WEEK

- Say your replacement thought out loud every time the old one fires. (this will feel ridiculous but do it)
- Prep one default meal you never have to think about. Decision fatigue is where new scripts go to die.
- Schedule your journaling time for next month right now. Five minutes, same time daily. The audit never really ends, it just gets faster.

THINK DEEP · BECOME WHO YOU ARE

Nietzsche’s challenge was to become who you are, to author your own values instead of renting someone else’s. That’s what four weeks of this work should hopefully show you!



THE MIND IS THE FIRST MUSCLE

If you made it through all four weeks, you now know more about your own head than most folks learn in years of yo-yo dieting. You found the scripts, traced them, broke them down, and wrote your own.

That's a major accomplishment. Be proud of it.

And if you're ready to bolt a training and nutrition system onto that new mind, the kind built for people who'd rather read Plato and blast doom metal than count steps in matching athleisure, that's exactly what I do.

DM ME "HEAVY"

Send the word HEAVY to the MoonFit page that shared this with you and I'll personally help you figure out your next move. Or, if you're ready to talk now, book some time with me below. I'm proud of you dude, ROCK ON!

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Rock on. — Grey, MoonFit LLC