

- 1) Plan your grocery list for this week based on favorite meals that you want to alter to make healthier. Make at least 3 new meals this week and log them in your daily food log with a star indicating the new recipe.
(Worksheet 1)
- 2) Write down/plan 5 ways you can bring your daily lifestyle into balance with your weight loss goals. (Worksheet 2)
- 3) Keep following the Club Reduce[®] Lifestyle and Eating Plan.
- 4) Listen to the SMT recording at least twice this week.

Worksheet 1: Recipes

3 New Recipes for the Week:

Altered Recipe 1:

Ingredients:

Grocery List:

Special Instructions:

Altered Recipe 2:

Ingredients:

Grocery List:

Special Instructions:

Altered Recipe 3:

Ingredients:

Grocery List:

Special Instructions:

Worksheet 2: Lifestyle Plan

5 Ways I will Alter my Lifestyle to Help Me Lose Weight-and my
Plan to Do It!

(i.e. More sleep, daily exercise, etc)

1.

My Plan:

2.

My Plan:

3.

My Plan:

4.

My Plan:

5.

My Plan:
