



Lesson 14: Homework

- 1) Write down any sugar-containing foods that you've struggled to eliminate this week.
 - a. Write down where you normally use this food (for example: I usually use ketchup with meatloaf).
 - b. Write down a potential replacement.
- 2) Create 3 new recipes without using any refined sugars! (Worksheet 2)
 - a. Write down what you used as a sugar substitute, whether or not the recipe tasted good, and what you could do to make it even better next time!
- 3) Continue to follow the Club Reduce nutrition and lifestyle guidelines.
- 4) Download and listen to the Self-Mastery Technology (SMT) session for this week.

Learn it Live it Lose it

Worksheet 1: Stubborn Sources of Sugar in Your Diet

Write down any sugar-containing foods that you've struggled to eliminate this week.

Hidden Source of Sugar: _____

Where I use this food: _____

Potential replacement: _____

Hidden Source of Sugar: _____

Where I use this food: _____

Potential replacement: _____

Hidden Source of Sugar: _____

Where I use this food: _____

Potential replacement: _____

Hidden Source of Sugar: _____

Where I use this food: _____

Potential replacement: _____

Hidden Source of Sugar: _____

Where I use this food: _____

Potential replacement: _____

Hidden Source of Sugar: _____

Where I use this food: _____

Potential replacement: _____

Hidden Source of Sugar: _____

Where I use this food: _____

Potential replacement: _____

Worksheet 2: Healthy Replacement Recipes

Create 3 new recipes without using any refined sugars!

Recipe for: _____

Ingredients: _____

Directions: _____

What did I use as a sugar substitute? _____

Did it taste good? _____

How can I make it better next time? _____

Recipe for: _____

Ingredients: _____

Directions: _____

What did I use as a sugar substitute? _____

Did it taste good? _____

How can I make it better next time? _____

Recipe for: _____

Ingredients: _____

Directions: _____

What did I use as a sugar substitute? _____

Did it taste good? _____

How can I make it better next time? _____