



## Lesson 6: Homework

- 1) Create healthy versions of three of your favorite meals. Write down what you'll need and how to prepare it. (Worksheet 1)
  - a. Step one: choose three of your favorite meals and brainstorm ways to make them healthy (examples: replace pasta noodles with spaghetti squash, make a lettuce wrap instead of a burrito, or have a fruit smoothie instead of a milkshake).
  - b. Step two: plan out a grocery list for the week based on the meals you've chosen.
  - c. Step three: shop for the ingredients you need and get cooking!
- 2) Write down five ways that you can alter your lifestyle to help you lose weight. (Worksheet 2)
  - a. Examples: get more sleep, stop eating too close to bedtime, take time to relax, schedule time for exercise, plan meals further in advance, etc.
  - b. Make a plan for carrying these changes out. You want them to be permanent!
- 3) Keep following 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*

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## **Worksheet 1: Healthy Meal Planning**

Create healthy versions of your favorite recipes.

**Altered Recipe #1:** \_\_\_\_\_

Ingredients: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Special Instructions: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Altered Recipe #2:** \_\_\_\_\_

Ingredients: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Special Instructions: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Altered Recipe #3:** \_\_\_\_\_

Ingredients: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Special Instructions: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Worksheet 2: Lifestyle Plan

Write down five ways you can alter your lifestyle to help you lose weight. Make a plan to make it permanent!

**Lifestyle change #1:** \_\_\_\_\_

My Plan:

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**Lifestyle change #2:** \_\_\_\_\_

My Plan:

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**Lifestyle change #3:** \_\_\_\_\_

My Plan:

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**Lifestyle change #4:** \_\_\_\_\_

My Plan:

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**Lifestyle change #5:** \_\_\_\_\_

My Plan:

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