



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

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:

Lifestyle change #2: _____

My Plan:

Lifestyle change #3: _____

My Plan:

Lifestyle change #4: _____

My Plan:

Lifestyle change #5: _____

My Plan:
