

7 Steps to Get Off Sugar and Carbs Course

Step 6: Action Steps

Take the action steps listed below:

1. Plan your menu for the week and post it on the refrigerator.
2. Create a standardized grocery list that you can print out every week when planning your menu.
3. Go grocery shopping.
4. Prepare healthy meals from scratch using the Step 1 Handout: Healthy Eating Guidelines
5. Pay attention to: the sensation of fullness, slowing down when you eat, portion size, and eat foods closer to their form at harvest (God's food).
6. Eat fresh and raw items at fast-food restaurants. Use salad dressing sparingly.
7. Use techniques to curb your sweet tooth (see Handout 6: Curb the Sweet Tooth).
8. Continue to record pertinent information in your *Healthy Living Journal*. Have you identified your food triggers? Do you have a plan for how to reduce those triggers? Have you told yourself lies that justify inappropriate eating? Journal those lies. Replace those lies with the Word of God. **(Come on sister, you can do this! I am praying for you.)**
9. If you think might be sensitive to gluten take the [GlutenIntoleranceQuiz.com](https://www.glutenintolerancequiz.com)