Naturally sugar-free, keto, gluten-free, low carb recipes

SUGAR-FREE mom

VIP Membership
November Zoom Training
Thanksgiving Survival Guide Action Plan

How to Get Ready of our Zoom Class

1. **Arrive on time with your digital workbook, a pen and a great attitude.**
2. **Bring water or another beverage to stay hydrated.**
3. **Remove distractions. Ask your spouse to take care of the pets and children so you can concentrate. Set your phone to silent.**
4. **Connect. The best way to get the most of the information shared in this class is to discuss it with other women from our group. Exchange numbers or emails, connect in the FB group, comment on posts, ask questions.**

What Guidelines did you learn in the Sugar Detox Course?

1. _____
2. _____
3. _____
4. _____
5. _____
6. Optional: _____

Your _____ has convinced you that:
    1. It's not Thanksgiving if I can't eat…………
    2. I won't be enjoying Thanksgiving without………

Foods with unhealthy fats and sugar release unsustainable amounts of _____ giving us a rush of excitement and pleasure so we keep eating those foods because your brain remembers what made you feel good, especially on Thanksgiving.

Favorite Foods that might trigger you: _____
_____
_____

Low dopamine is associated with _____ so it's especially important for you _____ahead of time, night before or morning of.

Options:
    1. _____
    2. _____
    3. _____

My Thanksgiving Day Food Commitment to my small group is the following:

_____
_____
_____
_____

_____

If I am tempted to eat something I have not committed to, I will then:

_____

_____

_____

_____

_____

Stop the Saboteur

1. _____
2. _____
3. _____
4. _____
5. _____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

Final Tips:
    1. Fill your plate with _____.
    2. Don't worry about _____.
    3. Check in with _____.

When Thanksgiving day is complete, answer the following questions:

1. **On a scale of 1-10, 10 being most confident, how confident was I feeling prior to the Thanksgiving meal?**
_____

2. **Once I made my plate, how confident was I feeling that I would only eat this food and nothing more, on a scale of 1-10?** _____

3. **Did I eat only what I committed to?**_____

4. **If I ate something not on my food plan, what might have been the reason?**_____
_____

5. **This Thanksgiving was much different from last Thanksgiving because**_____

_____
_____
_____
_____
_____
_____
_____
_____