

Make Peace with Food

Love Your Body. Love Your Food.
Love Your Life.

workbook



Make Peace with Food Workbook

How to Use This Workbook:

Welcome!

Glad you've said YES to yourself and this journey of making peace with food!

Remember: The only place that SUCCESS comes before WORK is in the dictionary! 😊

Results will come when you fully engage in this event. That means:

- 1. **Show up for every session on Zoom (It's not recorded, so be there LIVE).**
- 2. **Have this workbook and take notes during every session.**
- 3. **Complete every ACTION ITEM and check the boxes on the list when completed.**
- 4. **Participate in the Make Peace with Food - HYH Facebook Group by commenting and liking posts.**
- 5. **Have a positive attitude and have fun!**

This can be the turning point for you...the point at which you stop the struggle and no longer sabotage your weight loss and health goals.

My suggestion? Treat this like it's the most important moment in your life. Because it just may be.

Give it everything you've got. It's time to say goodbye to your subconscious beliefs about food, your body and your life. It's time to be totally free!

It starts right now...

Print this workbook, grab a pen, and join me. You don't want to miss a thing!

Light & Love,

Nicia

Action List

Note: You get one point for every action item completed. These points will make you eligible to win a prize.

Each day, you'll learn details about these items and what to do next.

- **Print out your workbook.**
- **Pre-Day 1: Introduce yourself (+photo) post in the Make Peace With Food - HYH Facebook page.**
- **Day 1: Action item**
- **Day 2: Action item**
- **Day 3: Action item**
- **Complete this list and post a photo of it in the Facebook group so we can celebrate you!**

BONUS:

Day 1 Word

Day 2 Word

Day 3 Word

DAY 1

Notes:

Biggest Takeaways:

Action Step: DAY 1

Completed? ☐ Yes ☐ No

DAY 2

Notes:

Biggest Takeaways:

Action Step: DAY 2

Completed? ☐ Yes ☐ No

DAY 3

Notes:

Biggest Takeaways:

Action Step: DAY 3

Completed? ☐ Yes ☐ No

Notes:

Biggest Takeaways:

Action Step: DAY 3

Completed? ☐ Yes ☐ No

You did it! Congratulations!

Now, record your score by adding up each of the action items you completed (should be 6 total):

Next, add 4 points if you got the Bonus: _____

If you completed everything, your score should be 10.

List your total score: _____

You played full out. You showed up for YOU. Well done!

Moving forward, list three things you're going to do to make positive changes in your relationship with food:

Remember, if nothing changes, nothing changes. Every positive change you make will a difference. You deserve to feel great!

I feel so honored to have spent the past 3 days with you. Please reach out for support at questions@healyourhunger.com.

Love & Light,

Micia

Emotional Eating Quiz

Take the following quiz. Place the point number in the box that applies and tally your score.

	Never 0 Points	Sometimes 1 Point	Often 2 Points	Almost Always 3 Points
I eat when I'm not hungry.				
I eat until I'm stuffed.				
I attempt to avoid negative feelings by eating.				
I've lied about what I've eaten.				
I go overboard on sugar and carbs.				
I wait until I'm alone to overeat.				
I've vomited or tried to vomit the food I've eaten.				
My thoughts are preoccupied with food.				
I'm unhappy with my body size.				
I read diet books, magazines and search online hoping to find the right diet.				
I am preoccupied with losing weight.				

Total up your points (Never = 0, Sometimes = 1, Often = 2, Always = 3).

Your corresponding value is below. During the event, we'll go over the significance of each level and what that means for you.

Level 1 (0 - 4) Level 2 (5 - 8) Level 3 (9- 14) Level 4 (15+)

MY LEVEL: _____

THE PEP FORMULA

	FOOD AS A	DRIVING EMOTION
P		
E		
P		

WHAT IS EMOTIONAL EATING COSTING YOU?

_____ Z	A _____
_____ Y	B _____
_____ X	C _____
_____ W	D _____
_____ V	E _____
_____ U	F _____
_____ T	G _____
_____ S	H _____
_____ R	I _____
_____ Q	J _____
_____ P	K _____
_____ O	L _____
_____ N	M _____

EMOTIONAL EATING
↓
What we eat
When we eat
How much we eat
Why we eat
\$ _____

Love Your Food Recipes

5 Ingredient Tomato Soup

INGREDIENTS:

- 3 (14 oz.) cans diced organic tomatoes, with their juices
- 1 ½ cups organic onion, chopped
- 3 large organic garlic cloves, minced
- 1 handful basil leaves, julienned
- 1/2 cup organic coconut cream

DIRECTIONS:

Add tomatoes, onion, garlic, and basil to a large saucepan and stir to combine. Heat over medium-high heat until nearly boiling, stirring occasionally. Reduce heat to medium-low, cover, and simmer for 10 minutes. Transfer soup to a traditional blender and puree until smooth, then return to pan. Stir in cream until combined. Season with salt and pepper if desired. Serve warm.

Broccoli Kale Walnut Bowl

SAUCE:

- 1/3 cup organic lemon juice
- ¼ cup organic extra-virgin olive oil
- ¼ cup organic cucumber, peeled
- 1 large clove organic garlic, minced
- 1 tsp. organic fresh ginger, minced
- 1 tsp. organic rosemary
- 1 ½-2 Tbsp. local raw honey
- A pinch of cayenne
- 1 tsp. Celtic or Himalayan salt
- ½ of an avocado

BOWL:

- 2 cups organic Lacinato kale, thinly sliced
- 2 cups organic red cabbage, shredded
- 2 cups organic broccoli, finely chopped
- 1 cup organic carrots, shredded
- 1 organic red pepper, chopped
- 2 avocados, diced
- 1/2 cup organic fresh parsley, finely chopped
- 1 cup raw walnuts, chopped
- 1 Tbsp. organic sesame seeds

DIRECTIONS:

Heat a large skillet over medium heat. Add 2 Tbsp. filtered water. Put broccoli in pan and cook for 3 minutes. Reduce heat to low and add kale. Cook for 2 more minutes. Remove from heat and add to a large bowl. Put all sauce ingredients in a blender and process until well combined and set aside. Add remaining veggies and gently stir. Pour sauce over bowl ingredients and toss to coat. Sprinkle sesame seeds on top. Ready, set, eat! Note: Only pour sauce over portions that you are eating immediately. Store veggies and sauce separately in the fridge and combine right before eating. Serves 4-6 people in 30 minutes.