

A hand is shown holding a small amount of pumpkin seeds. Below it, a glass jar is filled with a colorful salad, including tomatoes, lettuce, avocado, and cheese. The background shows more fresh vegetables like tomatoes and leafy greens on a wooden surface.

Real Food ~ Real Faith
7 Day Challenge Mindful Eating
WORKBOOK

checklist

Checklist



by Renee Dumont

Christian lifestyle health coach

Congrats on taking this step!

START BY [JOINING OUR FACEBOOK GROUP!](#)

Now here is a quick start guide to help you eat real food because eating CLEAN means you can and will live a HEALTHY LIFE beginning with peace of mind. Perhaps the easiest place to start is by removing all empty "BAD" carbs and "BAD" fat in your diet. Get rid of temptation and you'll be better equipped for success. Next pray about it to God.

How to use this challenge as your daily checklist.

Start by reading through it to get familiar before you start. Be aware that this challenge teaches you basic skills that are needed for you to change from the inside and outside with bible verses and prayer. Organize your kitchen to set yourself up for success. Find a special note pad or journal to write your food, mood and prayers to the Lord. Then decide which day you will begin your personal home challenge. Be sure to socialize in the facebook group and share this with all your friends and family so they can be with you in our challenge group for love, support and be inspired as we share our experience. You are asked to not share food pictures and recipes, to avoid making our Sisters trigger hunger. You can do that on your own facebook page and recipes are all over the internet. OK?

Well I am hoping that this workbook will help you to get with God and experience the power of God changing you from the inside out.

This is an important time for us to come together to be a blessing and be an encouragement to each other during this global crisis. For this reason please consider sharing small wins in our facebook group to encourage each other.

We are taught in the bible to be a blessing in 1 Thessalonians 5: 11 Therefore encourage one another and build one another up...share your faith. It can be quotes, songs, mindset breakthroughs you are learning and so on...ok?

You can write your thoughts about this book, any part of it. Write a review in the group to tell what you LIKE about this workbook. Maybe there will be something you never heard before that really resonates with you. Be sure if you find it helpful to share this LINK to your church friends <https://www.crushsugarcravings.com/home-christian-weight-loss-challenge.html>

A LITTLE PIECE OF MY STORY

&

HOW FAITH IN GOD HEALED ME

Nothing seemed to stop my weekend and evening binge eating habits no matter how hard I tried to control the food. Again I wasn't including God like I did when I was following him in my younger days and I stopped talking to God about my struggles and asking Him for help. I knew that the desire to control my food myself is what drove my mind crazy and made me eat and feel like a monster at times. My mood swings would get out of control and I wanted to be thin for all the wrong reasons.

So I found myself time and time again in a state of panic and depression. Now it was right around this time when I decided I wanted to be a fitness trainer. I felt like I had a good story to share and I could help a lot of people. So, because I loved exercising so much I figured, "why not"?

I figured that if I would commit to putting myself in a zone where I'm completely uncomfortable that this just might be part of what needs to be to finally break free from fear and that crazy emotional roller coaster ride. I thought maybe people just need a trainer that's real and not the perfect size 7 and if they had someone struggling just like them it would make an impact in their life.

What I wasn't realizing at the time was the fact that sugar was addicting. I wasn't realizing the consequences that I was dealing with after going on a binge mentally physically and spiritually. I wasn't realizing that I had no self-control and that the only way to find my way back was to redirect and connect my heart and my mind with God and to see HIS love in my life by inviting Him and desiring to be in His presence. I also didn't realize that I wasn't being honest with myself and that I really needed to get real and start being honest with myself again. I would try for a little while but then just like with my relationship with God I wasn't interested

in developing a healthy relationship with myself. I was afraid at looking at the heart of the matter. In fact, I can honestly tell you that there were times when I really hated myself. I hated what I looked like and I hated the way people looked at me and treated me. It made me lose sight of who I was and I believed the repeated lies, the whispers of just not being good enough.

Bottom line we have limiting beliefs and we need to accept the things we cannot change as far as the after effects that we have to face from eating too much food. When we feel we desperately need to discover that the most important thing in our life is being all we can be for God and God alone is when we want to grow and change on the inside to help God and our family. This is when we can expect a true turning point in our life.

We have a need to begin by accepting where we are in the present. It's part of God's plan and for whatever reason we have to trust we are where we're supposed to be in this journey. We must believe that our loving God in heaven has a plan for each of us and that there is a VERY important reason why we are struggling at this present time. There is a good reason and we have to give forth the effort to find out the good.

We may not like what we discover but an honest examination of our weaknesses and faults as well as our strengths are ALL part of the preparation for constructive mind "shifts" and lasting change.

Here are a couple action steps to get you pointed in the right direction.

Focus on eating nutritious food that God has created to keep you healthy and strong. Also focus on the one who created them to develop a relationship with your creator.

Listen to your body and eat when hungry and stop when full NOT stop when stuffed.

Include no calorie beverages like spring water, fruit infused water,

herbal tea and decaffeinated iced coffee.

Don't forget to be thankful to God for everything that you have right now and especially ask him to bless your health and bless your healthy food. This will help you forget the junk food.

Did you ever decide to go on a diet because of a health issue? Could you have been told by the doctor that your blood pressure or blood sugar was too high? Have you ever stepped on the scale at the doctor's office and he told you that you have to lose weight? Have you ever developed digestive issues and wanted to give it all that you have to change the way you eat?

All too often many people decide to go on a diet because of a massive health scare and they realize somehow that they need a serious change. You don't have to wait until your body starts to break down to tell you self to do something different and get help or to help yourself in order for you to decide that you want real change. In fact, these are the types of reasons that often times are not reason enough.

I can honestly tell you the most important thing I've learned from years of my own binge eating habits is something that I believe many

coaches don't teach. They don't teach you that your problem isn't what you're eating but instead what you're thinking, your mindset of reason. We have a way of telling ourselves a little bit is ok and we give into eating refined sugar and junk food and this is what's keeping you hooked. Binge eating habits exist because the problem is what's eating us and we just don't know how to deal with it. There is no clarity.

We don't understand how mood and food is connected to our faith and we need training in this area to develop skills to grow and change to finally find inner peace and healing with food. Food is not the only problem there is a bigger problem which happens to be

life. Our eating problem is actually a living problem. Many of us live too much for ourselves, by ourselves and we find the food problem is really a problem in many forms once we take a close look at our inner-man. It's so common for us to want to lose weight because of an up coming event, right? Well what if I told you, your life will be the most important event you'll ever attend?

The first phase is the beginning of the mind shift to go from looking at ourselves and switch to looking to God for help. This shift is critical! Your mind has to shift to respecting what you look like right now and seeing yourself through God's looking glass. Exercising your faith in a growing loving relationship with God is your medicine. When you are in God's presence you'll understand how deep his unconditional love is for you. Eventually that awful negative self-image will disappear and grow dim forever.

You see we seem to hang on to the misconception that we can do it all by ourselves and that eventually we will figure this thing out. Deciding what to eat has been an area in which we exceeded our own ideas and concepts about our appetite our decisions are all over the place until we realize we need Gods mercy and healing to think clearly. This is what I refer to as "Godly Insight."

TAKE THE SELF ASSESSMENT TEST

The purpose of this form is a helpful tool that enables you to identify where you need the most growth as you travel down your path to an empowered Real Food ~ Real Faith Lifestyle.

The first step to a REAL transformation is awareness. Only once you're aware of the limiting beliefs that keep you stuck can you start moving forward to change them.

When practiced consistently over time, the transformational tools we teach in the Private Support Group or a Custom One on One personal growth plan allow you to reprogram your brain, from negative mindset traps to a fresh new Godly perspective. With a re-

programmed mindset there will be nothing that can get between your wisdom driven mind and your dream lifestyle!

For each question, write the number that best corresponds with your reality.

1	2	3	4
Strongly Disagree	Somewhat Disagree	Somewhat Agree	Strongly Agree

Food & Mood Mindset

I have been on and off diets much of my adult life

I weigh myself more than once a week

I look at a meal and immediately guess how many calories there are

I feel guilty when my willpower isn't strong to stick to my healthy eating plan

I don't like to admit that I eat unhealthy or "fattening" foods when I'm around others

I exercise to burn off calories

I often wait until I'm starving to eat, and then I end up bingeing

I often say, "I already messed up so I may as well finish them all and start fresh tomorrow"

I often avoid social situations because I don't want to be tempted by foods I'm trying to stay away from

I use food to comfort myself when I'm feeling down or stressed out and tired

Total Score:

Body Image Mindset

I often compare my body to others and end up feeling depressed or jealous

I “feel fat” most of the time

I wear baggie clothes as much as possible to hide my figure

I sometimes miss, or have to fight myself to get to social events because of how I look

I “hate” certain parts of my body

I try to figure out how to change the way my body looks daily

I do my best to avoid having pictures taken of me

I think about how happy I would be if only I liked how my body looked

I look in the mirror and see all my flaws immediately

Total Score: _____

Emotional Health Mindset

I manage stress in unhealthy ways (e.g. junk food, drinking alcohol, etc.)

I often get so overwhelmed by negative emotions that I spiral out of control

I do not assertively stand up for myself when someone takes advantage of me or treats me disrespectfully

I get sad or angry when criticized

I have trouble “letting go” of anger and resentment

I tend to disconnect from others and hide when I’m feeling down

I have trouble assertively voicing my needs in a nice way

I have trouble saying, “no” to people, and when I do say no, I feel guilty

It’s difficult for me to make a long list of all my strengths

I am quick to see faults in myself and/or others

Total Score: _____

Self-Lack vs. God's Abundance Mindset

I avoid taking risks as much as possible and I don't really pray about it

I am afraid of failure and have trouble talking to God

I fear tough times ahead and have little trust in the Lord

I find myself saying, "I can't afford to do "X" a lot

I often feel putting time aside to pray and read the bible because I'm busy

I avoid thinking about the "what is possible in Christ," instead rely on myself too much

I feel guilty about things I've done in my past and feel I'm not worthy of God's love

Total Score: _____

Now go back through your answers.

The section with the lowest total score represents the area in which you have the most room for improvement.

Next, identify which statements you answered a 3 or 4. These are the challenges to focus on first. You might want to watch the web class one or two times to identify your why and grow in your understanding of the mindset shifts you need to work on through journaling, prayer and bible study. Need Help?

Let me know you have completed this self-assessment form and you may go to the page below to contact me for prayer.

Free complimentary call - discovery session

ASK ABOUT MY "TRY ME OFFER" (PRIVATE FOR 1 MONTH) Then Pay in full ONLY if you are 100% completely satisfied. NO QUESTIONS ASKED

[CLICK TO SCHEDULE YOUR CALL HERE:](#)

HERE ARE WAYS TO STOP TEMPTATION AT HOME

START HERE: FIND OUT YOUR DAILY CHALLENGES:

MOOD & FOOD TYPICAL PROBLEMS

Failure and Hopelessness: We just break our boundaries trying to lose weight and then we feel like a failure. So what do we do? We break them again. “ I Might as well eat more since we already broke my boundaries, right? This leads to hopelessness, which just makes us want to eat even more.

Can't Resist Temptation: Visuals entice me period! Temptation is real. It's hard to follow our boundaries all day. It takes a lot of control. Are you allowing your senses to be triggered? Sight is one of them when you are watching commercials? How about aroma? Is someone cooking late or eating in front of you? Are you just so tired that you want to give in and let your guard down? It's easy to give up when we're tired at night.

Habit: It could be that we have just developed a bad habit of eating every night after dinner and now it's really hard to give up our special treats.

Sugar Crashes It could be you ate too many carbs that spike your blood sugar and now you are craving more and feeling tired and hungry. Are you addicted to something high in sugar, like chocolate or that Dunkin Donut Latte' and your blood sugar is unstable.

Your Hungry You are just plain hungry because you had a busy day, maybe you are taking diet pills or appetite suppressants. Did you skip a meal or perhaps you did not take time to eat lunch with plenty of vegetables. Could it be you made on purpose to starve or eat too little in an effort to lose weight and now you're really hungry. This sets us up to binge eat especially at night.

Comfort: Are you feeling sad and lonely? Are you worried, frustrated, annoyed? What are you going through lately? This is a huge reason for overeating at night. What kind of problems and challenges are you facing? I call eating food at night, like a mini-vacation. A WAY TO GET AWAY FROM IT ALL...and forget about it! We have a way of putting on an attitude. ‘Ah forget about it’ i’ll just start tomorrow....All too familiar right?

YOUR CHALLENGE! NO MORE MINDLESS EATING , eating while doing something else! MINDLESS EATING. Do not eat in front of tv, iPhone or computer. For 7 days this is a must.

1. You may need to plan on eating balanced meals & eat more low carb food
2. Avoid triggers for example - leave the room during food commercials
3. Do something DIFFERENT artistically creative, write a poem, write affirmations, do a craft, ect...
4. Remember how you feel the next day, write as you think of consequences and pray Next day! Read what you wrote before you eat dinner and write what you’re thinking
5. Recognize that food isn’t a reward if you want to lose weight.
6. Listen to worship music and do light floor exercises & stretches
7. Pray by going to God for help and talk to HIM about your WHY listed above
8. ONE LAST WEAPON IS TO SING YOUR PRAYERS & PRAISES TO HIM.
SEE PSALM 25: 1-2 Unto thee, O Lord, do I lift up my soul.
2) O my God, I trust in thee: let me not be ashamed, let not mine enemies triumph over me. [the question here is: who is the REAL enemy]
9. THE SERENITY PRAYER : God, grant me the serenity to accept the things I cannot change, the courage to change the things I can and the wisdom to know the difference. Living one day at a time, enjoying one moment at a time;

accepting hardship as a pathway to peace, and walk about as Jesus did. I pray I live life not as I would have it, but I put my trust in you to make all things right when I surrender to Your will. Amen

DAY 1 __ Add Quality Food & Zero Sugar

- Healthy fruits especially **berries & apples**
- **1-2 cups** veggies both cooked and **raw per meal**
- **Every meal healthy fats like raw nuts, olive oil and coconut oil**
- **4-6 ounces lean protein with each meal**
- **1 serving of whole food carbohydrate per meal**

For example:

- Stop drinking sugary stuff and sweeteners made with chemicals
- Stop adding sugar to tea, coffee and no fruit drinks
- Stop eating cereals, yogurt and protein bars full of sugar
- Stop eating pretzels, chips, crackers and salty crunchy stuff, white stuff like whites rice, pasta and wheat flour.

Make God the center of your life especially your health

How can I spend quality time with God? WRITE IT!

- 1.
- 2.
- 3.

Now eMAIL to tell me how you feel.

support@crushsugarcravings.com

DAY 2__Organize the Kitchen

These tips can help:

1. Invest in the right appliances – **a blender is a MUST** & food processor makes cooking healthily a lot easier!
2. Clear space & **organize your spices**
3. Put cut up veggies in a "**salad bucket**" for easy access
4. Cook large pots of low carb food and then freeze/chill them to eat throughout the week
5. **Learn a few 'fall back'** meals you can always rely on for quick meals
6. Stock the refrigerator **common foods** you need daily.

Now you have the time and experiment when it comes to dinner, knowing that you have more veggies and lean protein on your plate.

List the **NEW FOODS** you are enjoying

- _____
- _____
- _____
- _____
- _____
- _____

DAY 3 __Food Inventory and self-challenges

- List what meals you love that are easy?

- _____
- _____
- _____
- _____

What foods make losing weight too hard and get in my way?

What can I eat that satisfy me when I make the HEALTHY VERSION?

PRAYER: Dear Lord, bless me with a deep desire to eat healthy to take care of myself and forgive me for taking real food you created for granted. Amen

DAY 4 ___ Eat veggies every meal | Salad or Soup

What does a large salad mean? Well, you're going to take a big bowl and fill it with four cups of leafy greens. That's about 160 grams depending on which greens you use. You'll top those greens with different non-starchy vegetables like tomatoes, cucumber, celery, and any other veggies that you have handy and enjoy. Those are the basics, but you can certainly throw other items on your salad as well, such as meat, beans, nuts, and seeds.

When we are talking about non-starchy vegetables we are talking about things like broccoli, cauliflower, asparagus, snap peas, green beans, onions, mushrooms, and zucchini. We are not talking about 2 cups of corn or potatoes because they are both starchy vegetables. I'm not saying that you can't eat corn and potatoes, you can, but be careful not to eat too much or you will spike your sugar in your blood.

Just to clarify, everyday you're going to have a large soup or salad, so one of your meals should be a salad or large veggie soup not stocked with rice for example. You got this!

TODAY'S REALITY CHECK What do I crave?

How do I feel about NOT eating bread, rice or pasta? Write it

Am I eating to lose weight or because I want to add value to my life?

DAY 6__ Plan Food Ahead - What is A Food Plan

- *Goals of the Food Plan is to eliminate the addictive substances.
- *Balance protein and carbohydrate.
- *Manage volume.
- *Provide good nutrition.
- *Regular distribution of nutrients throughout the day to maintain a level of metabolism and to stop sugar cravings.

EXAMPLE

7 a.m At home [what do you usually eat]

12:00 Lunch [what do you usually eat]

6 p.m. Dinner [what do you like to eat]

DAY 7__Three “3” Hours Before Bed, Stop Eating

When we eat in the evening we often do so out of boredom. Snacking is often looked at as a way of passing time, all the chores of the day are done and we’ve created nighttime snacking as a way to relax.

Creating the daily habit to stop eating 3 hours before you go to bed eliminates that late-night, mindless eating. Especially because a lot of those evening snacks are high in sugar, this rule is going to help us with our sugar problem.

Remember, sugar snacks can be salty crunchy stuff like chips, crackers, popcorn, cereal, anything that is processed, not just the sweet stuff.

EVERYDAY PRACTICE SELF-EXAMINATION

WRITE TO TAKE ACTION

CONGRATS! Think deeply and live freely!

- . Did I have an attitude of gratitude today?

- . Did I plan my food today or do i find this too much trouble?

Have I felt that self-care is important ? Why or Why Not?

Did I have an action plan in place to keep temptation away

What's my plan YES or NO Explain:

Do I feel too much alone today? If so, what kind of guidance am I thinking of finding that would make me motivated?

BIBLE VERSES FOR WEIGHT LOSS

1) here is a powerful bible verse for your weight loss success [God Gives you HIS DIVINE POWER and REMINDS US WHAT HAPPENS WHEN WE KEEP GOING. SO BE PATIENT! Success will come.

1) 2 Peter 1:3-6

3 According as his divine power hath given unto us all things that pertain unto life and godliness, through the knowledge of him that hath called us to glory and virtue: 4 Whereby are given unto us exceeding great and precious promises: that by these ye might be partakers of the divine nature, having escaped the corruption that is in the world through lust. 5 And beside this, giving all diligence, add to your faith virtue; and to virtue knowledge; 6 And to knowledge temperance; and to temperance patience; and to patience godliness;

2) [You are God's Masterpiece and you are in Jesus to carry out a "Specific Plan" designed for you way in advance!]

Ephesians 2:10 10 For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.

[Be strong and courageous in your weight loss journey! Do not compare yourself by looking to your right and to your left but KEEP YOUR EYES ON CHRIST and you will prosper and be successful wherever life takes you.

it is important that you meditate on scripture and bible verses day and night. The devil will try to tempt you, make you feel lazy and entice you to lose sight of your goals.]

Joshua 1:7-8

7- only be strong and very courageous; be careful to do everything you do in accordance with the entire law of Moses my servant commanded you; do not turn from the right or to the left so that you may prosper and be successful wherever you go.8. This book of the law shall not depart from your mouth but you show read and meditate on it day and night so that you may be careful to do everything in accordance with all that is written in it. Then you will make your way prosperous and then you will be successful.

Proverbs 40:21-22

My son pay attention to my words and be willing to learn open your ears to my sayings. Do not let them escape from your site keep them in the centre of your heart for they are life to those that find them, and healing and health to all their flesh.

[When you have problems with resisting junk food and cravings know that God hears your cry. We you feel weak turn to God in prayer and the Lord will be your strength to keep going for weight loss success. Rejoice in HIM and he will pick you up with love and mercy. Believe that God wants you to reach your goals and live a healthy life.]

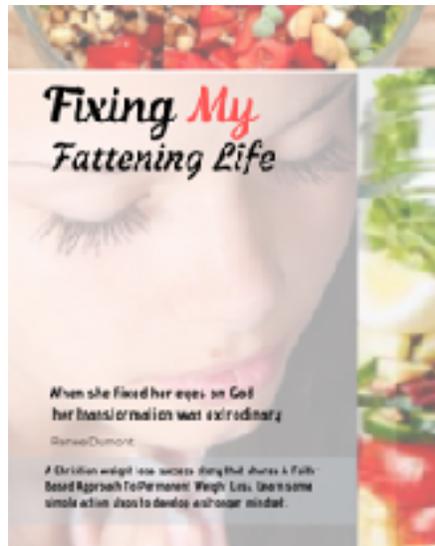
Psalms 28:6-7

6 blessed be the Lord because he has heard the voice of my supplications. 7 the Lord is my strength and my shield my heart trust with unwavering confidence (stability) in him and I am helped. Therefore my heart greatly rejoices and with my song I shall thank him and praise him.

This workbook is a small piece of my book "Fixing My Fattening Life" available on Amazon. This book is packed with information and created to empower you to start living a deeply meaningful healthy life. Check it out NOW at AMAZON. Keep Going! more resources to help you!

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You'll Love

[My book here's](#)

[what's inside:](#)

The book provides Renee's journey, mindset challenges, biblical insight bible study, affirmations, quotes, prayers and spiritual routines to follow to develop deeper faith and a stronger mindset so you can lose weight while eating healthy food to stay satisfied without craving junk. There is a section that takes you through sugar detox to stop your cravings and ton's of motivational tips you need for weight loss success.

Have you taken my

FREE MASTER CLASS To Get to the NEXT LEVEL



FREE Action-Packed 60ish min workshop: Specific action steps that you can implement immediately in your weight loss journey to start getting way better results (regardless of where you're mindset is struggling currently !)

Get a look at the specific tools + strategies that you need if you'd like to powerfully develop a whole new mindset.

[CLICK HERE TO SIGN UP](#)

I have been working in the health and wellness industry for over 24 years now. I have years of experience working with 1000's of christian women all over the world and some of them lost over 100 lbs, others get off of insulin or have been battling an eating disorder for 20+ years. My coaching comes from my own experience and my relationship with

God and my goal is to help you to navigate your way quickly without making all the mistakes I did that are keeping you stuck in the wrong mindsets. Change your thinking, change your life and transform your soul.



Testimonials are messages of hope!

Jackie lost over 100lbs and found inner healing and deliverance from mindset traps she dealt with for years. Jesus set her free and he will for you too!

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Website - <https://www.crushsugarcravings.com/>

Thank you & God Bless You!

Renee Dumont

Christian Health Coach Mindset Strategist

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