

REAL Food ~ REAL Faith

Workbook



Real Food - Real Faith is one of my most powerful weight loss programs for women of faith who have a desire to stop binge eating.

**How To Break Free
From Craving Sugar & Junk Food**

Blueprint

The Real Food ~ Real Faith Challenge Workbook

Time To Get Serious

**Get step-by-step help so that you can experience
A life changing transformation Inside & Out!**



Learn the disciplines to capture the lies of the enemy

"No matter where you work or live or what occupation you engage in, negative or undermining forces are constant. But, you have been armed with positive thinking that permeates each and every thorny bush within the garden of life."

Thank you For Joining The Masterclass and Welcome!

I have included a little bit of everything in your blueprint ebook for your mind, body and spirit. You can expect to use this book to start thinking more deeply about your struggles and where you are hoping to go to break free. You should not waste this ebook because this can help point you in the right direction to cleanse your body and renew a "RIGHT SPIRIT" in you!

As you have learned In the masterclass you should have a clearer idea of how your thoughts are more than a reaction to what's happening in your life. They're a powerful force for shaping who we are and who we can become. Change your thinking, change your life.

Why Real Food ~ Real Faith?

Real Food ~ Real Faith is one of my most powerful weight loss programs for women of faith who have a desire to stop binge eating. Most importantly, the core of the program is learning the value of putting God first and responding to his voice. This is very much the goal here, is that eventually you learn the same skills and disciplines I have applied to my life to renew your mind. You will understand the value of these practices and how to feed your spirit in your everyday natural life. The more you fall in love with being in the presence of God the more unwanted negative thoughts and actions you will move away from you. So, isn't it time you retrain your brain?

You may experience many benefits from this book like (cleansing your body, bringing blood sugar under control and breaking addictions, etc.) The goal of this lesson book is help you let go of harmful processed food and bring everything to God in prayer as i guide you to partner with the Holy Spirit.

The first step is to ask ourselves how important do we feel your health is to God?

Once you have given yourself time to meditate on that one question it is time to take a look at some super healthy practices to grow healthy again. It's up to you to humble yourself before the Lord and then read the benefits of eating REAL FOOD God created for you to have. Real Food, Real Faith because God wants you to get Real with Him! Experience JOY in your life again.

Before You Begin Ask Yourself These Important Questions:

- Are you ready to finally achieve your ideal weight (and stay there)?

- **Have you found that losing weight is impossible no matter what you do?**

- **Have you tried lots of diets without much success to keep the weight off?**

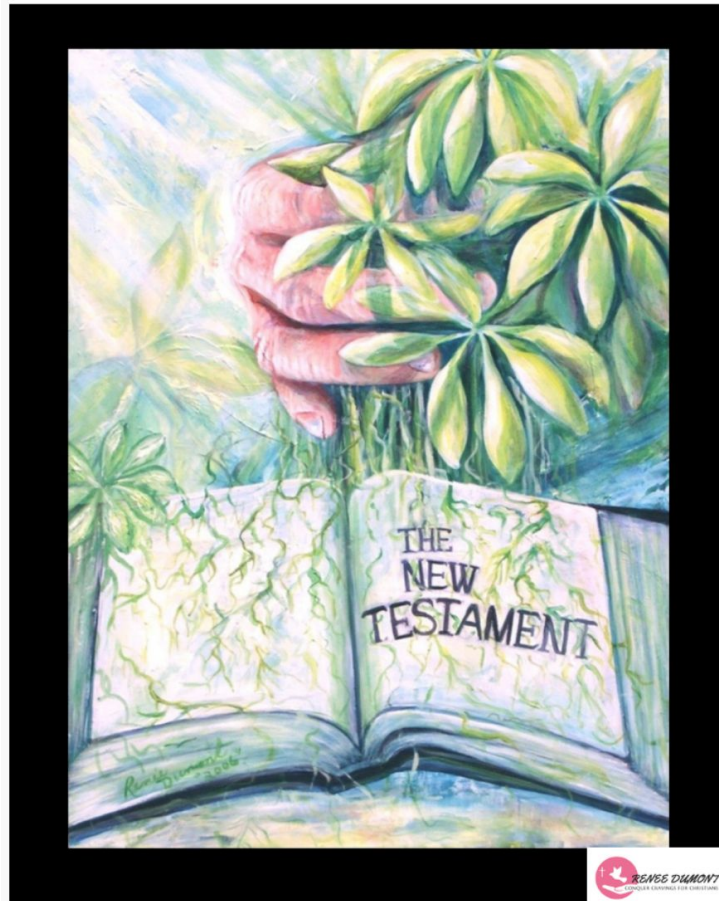
- **Are you tired of feeling guilty about craving food and sugar all day?**

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- Pray to God about the will to get rid of sugar cravings.
 - Pray to God in faith about what kind of results you are expecting.
 - Pray to God about the healings you are hoping for.
 - Pray to God to strengthen your focus on your health and not your (weight) appearance.

For myself I realized that when I was able to take my eyes off of me and fix my eyes on Christ (my book *Fixing My Fattening Life*) that my healing and strength grew tremendously. So you first need to pray in faith that you want a deeper desire to grow in your relationship with Jesus. Jesus will surely fix you! Your healer will make it all possible for you to stop binge eating.

*The LORD gives strength to his people;
the LORD blesses his people with peace.*

Psalm 29:11



Let's take a look on some very important words to carry you through your challenge to grow in Christ. You want to lean on Jesus with our burdens, your Prince of Peace. He is the only one who can fill your emptiness with peace. It's when we lack peace that we lose hope and so keep this message first and foremost as your first step to stay running the race to your healer.

Remember we need to first know that we are able to adapt to God's ways. That is a promise in the bible. So when we get rid of bad unhealthy food we will focus on the healthy version of food that we find satisfying. Our mind gets strong when we gain divine power over "strongholds" and we start to feel physically and emotionally better.

Our challenge is to get rid of the reasoning in our mind of "why" we might not want to quit eating the wrong way. [For the weapons of our warfare are not of the flesh but have divine power to destroy stronghold. 2Cor 10:4] What reasoning your might ask. It's the reasoning going on inside my mind, "well just have a little piece it won't hurt." Or here's another one, "there's just one piece left, I guess I should eat it to get rid of it and then i just won't buy anymore." We have a tendency to minimize the problem. Sound familiar?

So what is the main reason I want to offer the real food real faith challenge? It's because I know sugar is toxic in plain english. It destroys our health, it destroys our emotions and our thinking. Without stable thoughts and emotions we become victim to Satan and soon our lives fall apart. I know because i lived it!

Sugar is poison and this is not just the white granulated stuff that pours out of a sugar bowl. Sugar or what I call BAD CARBS comes in so many forms and we crave it more and more. It's the white stuff that we crave such as: chips, crackers, muffins, pasta, rice, cookies, cake, french fries, you get the picture. If the food is NOT whole food and not refined then it is good for you.

That's why it's so important to find a special time and place where you can meditate on God's word. Consider starting your special time with God by listening to worship music. I recommend beginning with the song "The Voice of Truth.

In closing as you are in the process of learning, growing and changing it's not what you are doing with food thats make all the difference, it's what you put into your brain. As

you become mentally, spiritually and physically strong you will see why learning, growing and changing is so much more valuable than fighting with that stupid number on the scale.

It's not so much about what you do at the gym or what foods you choose to eat. Instead, the key here is who you are becoming on the inside as you allow the Love of God to flood your soul. This is a clear description of a life transformation. This my goal for you to discover your hopes and dreams and live the life God created you to have. God is all about freedom and I know what can happen for you!

SEE WHAT PEOPLE ARE SAYING INSIDE MY CHALLENGES

(all testimonials are have granted me permission to share)



Tonya Stewart ▶ **REAL FOOD ~ REAL FAITH Challenge -**
Dec 2018 - Conquerors for Christ Team

December 13, 2018 · 🌐

I must say this journey has really helped me in so many ways. For example, today was a going away party at work for a coworker and what was served?!? My favorite temptation.... cake!!!! It looked sooooo delicious. Strawberries and kiwi and homemade icing with strawberries in the middle of each layer. Did I have a slice???? Nope!!! I gave it to God. I prayed and asked Satan to get behind me. I did not want to give in and have a slice because if I did I'd have two. Two would lead to three and the next thing you know I'd feel horrible and guilty and be right back at ground zero. So thank you [Renee FineArtist!!!](#) Thank you for putting this together 😊



Jacqlyn Andolfo ▸ REAL FOOD ~ REAL FAITH Challenge -
Dec 2018 - Conquerors for Christ Team

December 15, 2018 · 🌐

Sorry for the long post....

**Because this is a closed group I am sharing this no one has seen these recent transformation pictures (other than my husband who took them 😊) the black & blue outfit was from April 2017, shortly before working with [Renee FineArtist](#) & the outfit on the right was taken just last month November 2018! Here was my struggle on July 1, 2016 I suffered a pretty bad brain injury that left me with daily headaches and migraines, confusion, severe mood swings, memory loss to the point I would not remember to eat most days, I could not shower on my own, I could not close my eyes without falling over and I had severe light & sound sensitivity along with severe balance issues!! On top of already being over weight since I was 9 I also struggled with chronic bronchitis, severe acid reflux, dandruff & eczema oh and anger problems![Battled undiagnosed depression, 2 back injuries that I never fully recovered from, a ruptured ovarian cyst, a miscarriage, almost died during child birth & gallbladder removal (a year after our first and only child was born)all in a 5 year span].... I am 31 I used to be a smoker and borderline alcoholic, yoyo-ed in weight and because of my brain injury I had to get serious and God lead me to Renee! My love for God has grown stronger & my faith that He leads us in His time abundantly clear with all that said my anger problems are few & far between! My depressive days are much lower and if they try and sneak up I play my worship music and dance around my kitchen!! Physical therapy helped cure all my brain injury issues and God freed me from the confusion & fog! My eczema is GONE dandruff is GONE acid reflux GONE!! No more back issues, they were so bad I couldn't even play on the floor with my daughter! Now I sit on the floor for the fun of it 😊 I've lost almost 120 lbs started at 300 lbs went from a size 28 pants to size 16! 3X-4X shirts to XL! God bless you all on your journeys and I know if you truly believe that God wants you to eat real food & you have real faith you can achieve anything & everything through Him!!!

Preparation

What does eating have to do with my relationship with God?" By deciding to eat only REAL FOOD for your 5 day challenge and approach it with the teaching and action steps I give you VIA email each day. it will result in STRENGTHENING your physical body, your mind and your soul.

This is an opportunity to master NEW mindsets about junk food that have created barriers you are probably unaware of that hold you back from sticking to eating for your health. It's about experiencing God and asking God to show you negative mindsets that have kept you eating junk food and learning the reasons why you keep doing what you do.

ABOUT PRAYING YOUR WAY TO REAL FAITH

If you have never prayed before about losing weight maybe you think that God is not interested in your frustration. May you don't know how to pray or just feel STUCK with emotions and with words. Well I am here to guide your steps as your Christian health coach. Just start by asking yourself if you are willing to hear what God says and needs to change in your life. Are you willing to make a 5 Day Commitment and then take action to do the footwork to make some serious [changes](#). *Train Your Brain for lasting change!*

START HERE:

Ask God to show you what you think about when junk food is tempting you. Don't continue to sin against your health. Tell God that you surrender your life to Him and that you want more like Him and His way.

What are the paths that lead you to health that God wants you to walk?

How much does God want you to pray and read His Word?

Read Here: In 2 Chronicles 7:14, God appeared to Solomon and explains that if His people are going through a hard time, they should seek Him and follow His ways. Then, He will hear their prayers and heal them.

THE BENEFITS OF EATING REAL FOOD = WHOLESOME

Physical and Spiritual Food

1. **Easy to prepare** - It's pretty simple to cook soup. There are so many ways to make it, you just can't go wrong. The more you experiment, the better your soup will taste. Once everything is in your pot or slow cooker, you just leave it to simmer. Your meal is all cooked in ONE PAN.
2. **Picky eaters get more vitamins** - Vegetables can be squeezed into soups in a non-intrusive way, getting the pickiest of eaters to consume them. Vitamins and minerals from the vegetables soak into the water or broth they are cooked in. *By consuming this liquid instead of discarding it, one will get the full measure of nutrients from the vegetables. (a great way to skip pasta and rice)*
3. **Hydration** - Broths and soups are rich in water and therefore is an excellent food to include in your daily diet to promote hydration.

4. **Easy on your stomach** - Digestive problems like gastroesophageal reflux disease (GERD), irritable bowel syndrome (IBS), ulcerative colitis, and Crohn's disease make some foods hard on the system. Because soup's contents are cooked in liquid they are softer and easier to digest and nutrients quickly absorb into cells.
5. **Very Affordable** - Because anything can go in a soup, you can use what you already have. Soup is a great way to use up vegetable odds and ends leftover from other recipes. The high water content of soup also keeps the cost down.
6. **Batch Cook & Save Time** - Not only are soups a great way to feed many people at once, but you can also make a big batch and easily reheat later. Use soup as a side dish instead of rice, potato and feel full and satisfied.
7. **Satisfying** - Soups are just cozy. They make you feel good if you are sick or even if you're not. Keep it light with more broth and non-starchy vegetables. You can make a soup filling by adding beans, quinoa, or starchy vegetables.
8. **Slimming** - Because soups are nutrient dense, they make you feel full while still being low in calories. Consuming a light soup before a meal may not only ensure you are getting the nutrients your body needs, but may also help curb your appetite so you don't overeat. [\(add protein\) Collagen Peptide](#)

YOUR GOAL (add a soup or salad to meals & NO junk food)

Now take it to the Lord in prayer.

BONUS *SEE RECIPES NEXT SECTION

Eat Salads To Stop The Crazy Cravings

If you have a sweet-tooth that craves sugar and candy, add apples, pears or a fruity berry dressings to the salad. I take frozen blueberries or strawberries put them in a bowl, sprinkle stevia and place on the the kitchen counter for a few hours to let sweeten. Swap for dried raisins and dates because dried fruit will make you crave more. Not only will this satisfy your craving, but it tastes refreshing and will re-energize you.

Eat Salads To Decrease Calories

Salads are low in calories, rich in nutrition and can help you lose weight. Adding chopped green apples and good fats such as olive oil, raw nuts and avocados to a salad enable the body to absorb lycopene found in tomatoes and other nutrients linke lutein, iron.

Salads Add Fiber

Eating healthy foods aid in helping the body feel energetic and filled with vitality. Salads add fiber to the diet which reduces cholesterol and constipation. High fiber salads eaten before a meal tend to help you consume less of the higher calorie foods served afterward. This fiber fullness side effect will help you lose weight. Always add at least 1 tsp of apple cider vinegar for optimal benefits to CRUSH your cravings.

Crunch And Munch

Eating a variety of textures keeps mealtime interesting. Salad ingredients can add a nice crunch which is much better for you than munching on cookies or potato or corn chips.

Salads Are Super Fast, Easy & Can Make a Nice None Cooked Meal! Compared to making homemade lasagne or waiting for Chinese food to be delivered, making a salad is relatively quick. The basic salad only requires that you wash and cut the vegetables. No cooking, and no pan to scrub. After buying vegetables, washing and storing them in a salad bucket decreases

4 Zesty Salads Ideas

Protein Cobb Salad 2 Cups of Mixed Greens or Salad of your choice (mixed with Iceberg ok) 2 slices of Turkey Breast, 2 Hard Boiled Eggs, ¼ Cup of Garbanzo Beans (or bean of your choice) ¼ cup of cherry tomatoes ¼ Avocado diced, 2 Tbsp of a dressing of your choice. Served with a handful of mixed raw nuts.

Avocado Tuna Salad ½ Ripe Avocado (Soft to touch) 1 Tbsp organic mayo 1 Can of Tuna, 1 Hard Boiled Egg Salt, Pepper, Avocado, Tuna, Egg, into a bowl. Try adding a bit of plain Greek yogurt to Avocado mixture if it turns brown. Served with a handful of mixed greens.

Caprese Quinoa Salad 1 cup cooked quinoa (from last night's leftovers) 4 oz of diced chicken, olives, ½ cucumber diced, ¼ cup of cherry tomatoes, ¼ avocado sliced, 1 Tbsp of Chopped Basil, 2 Tbsp of Balsamic Vinegar, 1 Tbsp of Olive Oil. Mix all ingredients together, except the mixed greens. Can be made the night before. Served with a cup of soup.

Brown Rice Salad 1 Cup of Cooked Brown Rice (Left Over) 1 Boiled Egg ¼ cup of shredded carrots (OR chopped handful of baby carrots) ¼ cup of cherry tomatoes ¼ cup of garbanzo beans ¼ small red onion 2 Tbsp of a Vinaigrette Salad Dressing Mix ingredient together and serve with 1 cup of Mixed Salad of your choice. Can be made the night before or a few days before.

Chicken & Hummus Salad 4 oz Grilled Chicken Breast, chopped 1 Tbsp of Hummus (Roasted Red Pepper or Garlic is great!) 1 Tbsp of Feta Cheese, Cherry Tomatoes diced, Cucumber Slices, 1 tsp of Greek Dressing or Vinaigrette Salad Dressing add tomato, cucumber, and chicken.

4 SAVORY FAST & EASY SOUPS

Souper Simple Italian Turkey Burger Soup

In a dutch oven on stove top, combine and bring to a boil 1 1/2 lbs ground turkey breast, 3-4 cups organic chicken broth, 1/2 large onion chopped, 3-5 cloves garlic finely minced, 2 tbsp olive oil, 1/2 tsp salt, 1 1/2 cups carrots sliced, 1 cup shredded cabbage, 1/2 cups celery sliced, 1 can diced tomatoes not drained, 1/4 cup tomato puree, 1 tbsp fresh or dry basil, 1 tbsp italian seasoning. (may add any veggies green beans, zucchini) Cook for 20 minutes then simmer.

Souper Simple Creamy Cauliflower Soup

In a dutch oven on stove top. Combine and bring to a boil 3-4 cups organic chicken broth, or vegetable broth 1 large) cauliflower florets, 5-8 cloves fresh garlic, 1/2 tsp sea salt. Cook for 20-30 until soft. Then blend on high for 1-2 minutes. Blend half batch at a time. Return to pot and simmer for 5 minutes. May add olive oil and chopped green onion

Creamy Sweet Potato Soup

In a dutch oven on stove top. Combine and bring to a boil 3-4 cups organic chicken or vegetable broth, 4 Sweet Potatoes sliced, 1 cup baby carrots, 5-7 bay leaf, 1/2 tsp celery seed, 1/2 tsp sage, 1/2 sea salt or pink salt. Cook for 20-30 until soft. Carefully remove and discard bay leaf. Then blend on high for 1-2 minutes. Blend half batch at a time. Return to pot and simmer for 5 minutes. May add olive oil and chopped green onion. Serve with a hint of goat cheese. (add more broth as needed)

Cheesy Broccoli Soup

Soak 1 cup raw organic cashews overnight. In a dutch oven on stove top. Combine and bring to a boil 3-4 cups organic chicken or vegetable broth, 1 Sweet Potato sliced, 1 cup baby carrots, 3 cloves garlic, onion powder, 3-4 Tbsp nutritional yeast, 1/2 sea salt or pink salt. Cook 15-20 until soft. While boiling steam 3-4 cups broccoli in a separate

pan. (set aside) Then add 1 cup broth in blender and blend all ingredients on high until desired consistency, adding broth as needed. Return to pot on stove and simmer for 5 minutes. May add olive oil and chopped green onion when serving. ALSO ***Try eating stir-fry meals. You will NEVER run out of ideas and keep creating! Yes! Grow passionate about creating something fast, easy and perhaps the MOST optimal way to eat your way healthy and happy.

***PLEASE RATE THE 5 DAY CHALLENGE!** Send to support@crushsugarcravings.com

A Few Kitchen Must Haves - Click to view

[Collagen Peptide - for soup, baking or shakes \(tasteless\)](#) High protein

[Ninja 72 oz Blender - 1000-Watt Base](#) - For soup and smoothies

[Arrowroot flour](#) - low glycemic thickening soup and baking

Reminder! Eat plenty of vegetables

Read Renee's Book Filled with Tons of Tips [and money saving ideas](#)

[Fixing My Fattening Life - Amazon](#) as a way of saying *thank you* for the free training

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God bless your journey! Renee Dumont - Christian Health Coach