



Delish Diet



Dieting!
(and lose weight already :)

Lose Weight Without Dieting

Workshop Series
with Sherry Rothwell, RHN





Delish Diet

Worksheet

These worksheets will be your notes, map & planner to lose weight without dieting!

Follow along with us LIVE each day to fill out this worksheet.

Pre-Workshop 1: Revamp Your Kitchen

The 4 pillars of revamping my kitchen are:

Pillar 1: from white sugar to _____, & _____.

Pillar 2: from table salt to _____ or _____.

Pillar 3: from RBD oils to _____, _____ & _____.

Pillar 4: from commercial bread to _____ or _____.

It is essential that I fill my fridge and cupboards with food, not food _____.

A basic rule of thumb is, if it doesn't come from an _____, if it isn't found in the _____ or grown on a _____ then it is not natural.

I commit to reading labels for _____ not calories.

The 3 steps to revamping my kitchen are:

1. _____
2. _____
3. _____

ACTION STEP: REVAMP YOUR KITCHEN!



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Pre - Workshop 2: Pleasure Kitchen!

The 8 Pillars of Soul food - Nourishment for Body & Soul

Pillar 1: _____ Pillar 5: _____
Pillar 2: _____ Pillar 6: _____
Pillar 3: _____ Pillar 7: _____
Pillar 4: _____ Pillar 8: _____

I commit to bring elements of nature into my kitchen for reverence, pleasure, beauty and ambience.

Earth: _____
Air: _____
Fire: _____
Water: _____

I will explore the rituals, customs, food preferences and traditional recipes of my _____ and incorporate some into my own rhythms in the kitchen.

Additional ways to bring more 'life' into my kitchen:

1. _____
2. _____
3. _____

ACTION STEP: CREATE SACRED SPACE



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Workshop 1: Simple Skinny 'Switch Ins' That Stop Carb Cravings!

You really can have your cake and eat it too!

You don't have to get off sugar cold turkey. Instead, simply make treats for yourself that are very low in _____ and high in _____.

Emphasize:

1. _____
2. _____
3. _____

Eliminate:

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

Fat doesn't make you _____, _____ does because of it's effect on your _____ levels. You must balance your _____, so that you can get into fat burning mode, by displacing excess carbs with nutrient dense foods rich in _____ and _____.

Switch ins:

1. _____
2. _____
3. _____

Add ins:

1. _____
2. _____
3. _____

ACTION STEP: Identify Eliminations & Additions



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Workshop 2: Processed Pantry Purge for Permanent Weight Loss

It's not about deprivation, counting calories, exercising or going low fat. It's about upgrading the _____ of the ingredients you use. When you use poor quality ingredients, you become _____ deficient which causes _____ for _____, _____, _____ and _____ as well as salty, yet _____ rich junk foods like _____ and _____.

Upgrade:

- | | |
|----------------|----------|
| 1. from _____ | to _____ |
| 2. from _____ | to _____ |
| 3. from _____ | to _____ |
| 4. from _____ | to _____ |
| 5. from _____ | to _____ |
| 6. from _____ | to _____ |
| 7. from _____ | to _____ |
| 8. from _____ | to _____ |
| 9. from _____ | to _____ |
| 10. from _____ | to _____ |
| 11. from _____ | to _____ |
| 12. from _____ | to _____ |

ACTION STEP: Make a list of upgrades.



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Workshop 3: Filling Your Fridge with Fare that's Fit

Notice that _____ have a diet, but they don't _____ a _____.

If you want to be _____, then you need to eat the _____ of your _____ otherwise known as _____.

If you want to be at your ideal _____, then you need to be at your ideal level of _____.

Natural Human Diet:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

Eat Up Days:

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

ACTION STEP: Go Shopping!



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Workshop 4: How to Blast Past Plateaus

Mindset:

1. Accept your _____ 'as is' and realize that extra body fat is simply a _____ from your body that is asking for your _____.
2. Put your _____ first by _____ about your weight and trust in the internal _____ of your _____ in it's inherent wisdom.
3. Identify your physiological _____ and address that first.
4. Symptoms of _____ often disappear before the extra weight releases.
5. If you want a big _____, then you need to make radical _____.
6. You may need to ignore the _____. Your body _____ will often change before the _____ on the _____ does.
7. Even if you are not losing weight as fast as you would like, as long as you are making _____ then you are moving in the right direction.
8. The speed of _____ weight loss happens in the opposite way of how _____ weight loss comes off.

The secret to permanent weight loss without having to be a purist is _____.

Tips to blast past a plateau:

1. _____ cleanse in the _____ & _____.
2. _____ cleanse in the _____.
3. _____ cleanse in the _____.

ACTION STEP: Join a program and stay the course!



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Want to learn more?

There are multiple ways that you can get support on your journey.

Let's connect to determine the path that is the perfect next step for you!

OPTION 1: 'Friend' and message me on Facebook and we'll figure it out on text.

OPTION 2: Book a 'Slim, Sexy & Satisfied' session and we'll chat it out on phone or zoom.

OPTION 3: Go the DIY approach and start with an e-course.

OPTION 3: Join the Delish UN-Diet School Group Coaching Program for 12 Months of live training, coaching & support.

ACTION STEP: REACH OUT!