

A large yellow circle with a dotted black border is centered on the page. The background consists of vertical stripes in shades of orange and yellow.

# HOW TO BREAK YOUR BAD FOOD HABITS

A green banner with a yellow border and a yellow outline is centered horizontally. It has a ribbon-like shape with pointed ends.

**ACTION GUIDE**

by Stephanie T. Hall

**Tell me what you eat  
and I will tell you  
who you are  
~ Brillat-Savarin**

# BREAK BAD

## FOOD HABITS

### BREAK BAD FOOD HABITS THE CHALLENGE

Most people are confused about the foods that they should avoid or those foods that you should eat on a regular basis and even how to transitioning to a healthier lifestyle and on top of that our culture doesn't make eating healthy. So the challenge comes due to lack of knowledge, support, accountability and all of the convenient unhealthy options that are easily available.

### HOW TO BREAK YOUR BAD FOOD HABITS

#### Tip #1 Choose A Healthier Alternative

This tip includes looking at your existing diet and seeing where you can clean it up and incorporate higher quality foods that nourish and heal the body and banish unwanted cravings. Poor quality foods are usually loaded with harsh chemicals and additives that pack on additional pounds, cause unwanted cravings, zap our energy and contribute towards a decline in our health.

### TAKE ACTION NOW

- Eliminate everything white and that would include white pasta, white bread, white rice, white sugar, and white salt. Most of the white foods are addictive and wreak havoc on the blood sugar levels causing weight gain, and energy spikes followed by energy crashes and a decline in your health.
- Substitute these foods for a healthier alternative which you can find at your local health food store.
- Some ideas of where you can start is by substituting white salt for a Himalayan sea salt and substituting white sugar for stevia which is a low glycemic plant based alternative.
- Gradually eliminate these foods over time if you still have some of these items in your home or immediately if you can for optimal health.

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Tip #2 Make Healthy  
Eating A  
Priority

The main challenges that you will need to overcome in breaking your bad food habits so that you can shed those last few pounds and start feeling more vibrant and alive is "MAKING HEALTHY EATING A PRIORITY"

Complete the short quiz below to get clear on how you can take action right now and free up your time for things like grocery shopping, planning healthy meals, and preparing food for the week.

### TAKE ACTION NOW

- Complete this short quiz to get clear on how you can make a shift in your situation right now and have a visual reference to where your time goes and what is priority in your life right now.

Question #1 - What would you say are your top 3 priorities in your life right now?

Question #2 - Do you spend most of your time on these things?

Question #3 - List all the activities that eat up your time (i.e. surfing the web, watching tv, playing games on your phone or doing too many favors for others.

Question #4 - How could you reorganize your life right now so that you spend more time on what is most important to you?

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Tip #3 Address Whats  
Eating At You

Sometimes in order to get over the weight gain hurdle we must do the hard work of looking within and seeing what exactly is eating at us. People often get stuck and are unable to lose weight due to things in their life that are eating at them and that could be being dissatisfied with a relationship, being bored or stressed or uninspired by a job or even lacking a spiritual practice. Start taking action with some of my tips below.



### TAKE ACTION NOW

- Build a little relaxation time into your schedule. Your body, mind and spirit need it.
- Do something that you love. If you decided right now that you had enough money, and that you would always have enough money, what would you do with your life? Whatever that answer is start doing more of that. It will feed and nourish your soul in so many ways and start to make you feel more fulfilled.
- Get moving - physical activity helps to improve your mood and will also help to avoid in sabotaging your weight loss efforts. It is recommended that you do something that you love doing to make the experience more enjoyable.



# About

## *Stephanie Hall*

Stephanie is an experienced wellness professional trained in diet, lifestyle and wellness coaching. She is formally trained and certified to practice health coaching from the Institute for Integrative Nutrition in New York City and Purchase College SUNY. As founder and CEO of HomeGrown Wellness she has extensive experience working with a diverse range of clients including young professionals, government agencies, celebrities, professional athletes, corporate executives, retirees, and inactive or overweight individuals.