

Welcome To...

# The Stubborn Fat Loss Solution... For Supermoms

Discover The Hormonal, Genetic & Lifestyle Secrets  
To Burning Fat, Controlling Appetite and Eliminating Your Cravings...

## Week 1 - Lesson 2 Action Guide

1. In questionnaire #1, circle the categories that have lots of 2's and 3's. (At least 3 2's or 3's any combination). As the course goes on I will show you what to do for each section you circled.
2. Print out the Quote about food converting to energy or fat. Put it on your wall.
3. For questionnaire #2 if you were able to determine right away what food type you are then note that in your worksheet.
4. Fill out the worksheet provided and put that in your health journal.
5. If you know your food type do these steps.  
Start eating that way this week. Follow the food plan for your food type for this week.  
Get used to shopping for it.  
Get used to preparing for it.  
Get used to planning for it.
6. If you are not sure about your food type, then use this week to discover it. Here are the steps to discover your food type.
7. Download the Food Type Journal.
8. Follow the instructions of the Food Type Journal.
9. On day 1 follow the protein meal plan and use the journal to log your body's response.
10. On day two Follow the mixed food type meal plan and use the Food Type Journal.
11. On day three follow the carb type meal plan and use the Food Type Journal on that day.
12. At the end of the three days you will see which type gives you the most energy and mental focus - THAT is your food type!
13. For the rest of the week keep eating that way.

In future lessons you are going to learn how to make YOUR food type really delicious and fun, and how to make it work with your kids and family.

Right now you have found out the most important things you need for your health, which is your health imbalances and your food type!