



Hello and welcome to your journey!! I thank God that you decided to get motivated to revolutionize your food life and help change the world.

Here is your Beginner's Checklist. These are some things I did that I think you shouldn't miss out on. Print this out so you can hang it on your fridge and stay on track.

1. Start a Prayer Routine for this specific area of your life. Include scripture research about the topic of food. Allow God to minister to you about this through His word and give you His tailor-made plan. Keep going even after the 8 Day Devo is over.
2. Purpose in your heart – sign and post the on the next page so you can refer to it every time you need to.
3. In your first month, read at least one book and watch at least two documentary covering the topic of the food and health. Here are my recommendations:
  - a. Documentaries (there are many, but these are a few that ministered to me): Forks Over Knives, GMO OMG, Cowspiracy,
  - b. The China Study by T. Colin Campbell PhD., Who Really Feeds the World by Vandana Shiva, Hungry For Change: Farmers, Food Justice and the Agrarian Question by A. Haroon Akram-Lodhi, Nation on the Take: How Big Money Corrupts Our Democracy and What We Can Do About It by Wendell Potter and Nick Penniman, Guerrilla Gardening: A Manual by David Tracey
4. In your first month, achieve at least two consecutive days without free sugars.
  - a. Day 1 date: \_\_\_\_\_
  - b. Day 2 date: \_\_\_\_\_
5. Complete your Food Life strategy session in these areas (use Sugar Count Pack):
  - a. Your Kitchen – be bold, throw some stuff out or down the drain!
  - b. Your Local Access to food that meets your new criteria – what can you get at the groceries, where and when is the farmers' market, do you need to use order services like Thrive Market or AmazonFresh to alleviate a Food Desert circumstance?
  - c. Your Convenience Options – Retool your order app, sort through the menu drawer, think what is around that you habitually go to.
  - d. Figure out how you can grow some food of your own – terrace pots, indoor dwarf trees, kitchen herbs, backyard/front yard (maybe rethink the lawn space for food), community gardens
6. Become a Blessing – give your new standard of food to others in need, volunteer in a food charity, consider organ donation, share new info, testify, support others. This is ongoing.

MY REALLY NOURISH FOOD LIFE REVOLUTION  
DECLARATION:

I,

\_\_\_\_\_ ,  
hereby purpose in my heart to no longer pollute my temple with things that cause harm. I vow today to clean up my food life, to use my food dollars to vote for changes in the food system, and to be a part of the solution to the problems of the modern global food system and the disease epidemic it has caused. I make this commitment unto the Lord so that my life can glorify Him in every way.

I will no longer just eat: I will Really Nourish Myself!

Signed most sincerely,

\_\_\_\_\_  
Date \_\_\_\_\_



# Sugar Count Pack

You need 6 copies of this sheet and one copy of the next page to use on day 7. Start any day of the week you wish. **Remember, you are counting free sugars. This excludes whole fruits and vegetables** but does indeed include fruit and vegetable juices and any other packaged food. Be mindful of the serving size on the label. For example, if an item says it has 12g per serving and the pack size is 2 servings, that whole pack is 24g if you eat it all. Also, be sure to include beverages. This is very important as they are often a major contributor to your daily sugar intake.

Day/Date: \_\_\_\_\_

Breakfast:

Item	Sugar Count

Snack:

Item	Sugar Count

Lunch:

Item	Sugar Count

Dinner:

Item	Sugar Count

Goal: 25g - Today's Total \_\_\_\_\_



# Sugar Count Pack – Day 7

GREAT WORK!

Here's where you can see your cumulative progress.

Based on what you see on these pages, you can now start to assess where to make your changes.

Day/Date: \_\_\_\_\_

Breakfast:

Item	Sugar Count

Snack:

Item	Sugar Count

Lunch:

Item	Sugar Count

Dinner:

Item	Sugar Count

Goal: 25g - Today's Total \_\_\_\_\_

7 Day Goal: 175g – Your 7 Day Total \_\_\_\_\_