

## Session #3 Action Steps

**Super!** You've just completed Session #3 with me and now things are starting to get interesting...

This week we covered **honoring hunger and fullness** so here's what I've got for you to read and try this week before our next session:

Exercise 1: Honoring Hunger & Fullness Action Guide

Exercise 2: The Hunger/Fullness Scale

Exercise 3: The 20-Minute Meal Experiment

Exercise 4: Names for Sugar Sheet

Exercise 5: Blood Sugar Roller Coaster

Exercise 6: (Optional) The Coffee Guide

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You may have noticed that this week's exercises include the topic of **sugar**. This is crucial stuff to know because sugar is hidden in so many packaged foods and is what causes some pretty bad effects on your health in general. And the more sugar you have, the more you crave it! And before you know it, you're taking a ride on the blood sugar roller-coaster! This would also be a good time to cut down on coffee if you're a big coffee drinker.

Now, I ask that on top of the above exercises and hand-outs to read, you continue drinking water every 2 hours, eliminate the dairy, opt for plant-based meals like the ones I have on my [Recipes](#) page and do **any** type of movement 3-4 times a week. I also encourage you to search for other recipes online as there are thousands amazing ones available.

To an excellent week ahead!

With Compassion,

Nafsika

