

Guide 4. Weight Loss Without Diet Confusion: Nutrition Basics, Calorie Awareness, and Home Cooking

This worksheet is designed to help you simplify weight loss and rebuild trust with food — without restriction, obsession, or overwhelm.

Part 1: Reframing Weight Loss

Before we talk about food choices, we reset the story.

Your Current Relationship With Weight Loss

Answer honestly, without judgment.

When I think about weight loss, I usually feel:

- Motivated
- Overwhelmed
- Confused
- Hopeful
- Defeated
- Pressured
- Curious

The biggest thing that has made weight loss stressful for me in the past:

One belief about weight loss I'm ready to question or soften:

Food Is Fuel — Not the Enemy

Finish these sentences gently:

“Food has felt like the enemy because...”

“When I imagine a calmer, healthier relationship with food, it would feel like...”

One way I want food to *support* my life instead of controlling it:

Part 2: Clarity Without Obsession

Knowledge is power — when it’s used gently.

Awareness Check (Not Tracking Yet)

Right now, I feel:

- Very confused about calories
- Somewhat aware but inconsistent
- Afraid of numbers
- Curious but cautious
- Ready to learn without obsessing

What I believe calorie awareness *could* help me with (if used calmly):

One fear I have around tracking or numbers:

Letting Go of the “Perfect Diet”

There is no perfect diet — only what works *for you*.

Diets I’ve tried (or felt pressure to try):

What worked *a little* in the past:

What felt restrictive, stressful, or unsustainable:

Foods or patterns that make my body feel good (energy, digestion, mood):

Part 3: Building a Supportive Food Environment

Weight loss becomes easier when your environment supports you.

Home Cooking Reality Check

Right now, eating at home feels:

- Easy
- Neutral
- Inconsistent
- Overwhelming
- Nonexistent

The biggest thing that gets in the way of home cooking for me:

One benefit I notice when I *do* eat at home:

Making Home Cooking Easier (Not Perfect)

Check what feels realistic *right now*:

- Simple meals are enough
- Repeating meals is okay
- Convenience foods can still be supportive

Cooking doesn't need to be fancy

Planning helps me feel calmer

One small home-cooking win I could aim for this week:

(Example: cooking 2 dinners, prepping lunches, cooking one protein, chopping veggies ahead)

Part 4: Gentle Planning (One Step at a Time)

This guide is about consistency — not extremes.

One Area of Focus for the Next 7 Days

Choose **one** — not all:

Food awareness (not judgment)

Learning my baseline needs

Cooking more at home

My one focus for this week:

This feels realistic because:

Compassion Check

Weight loss is not just physical.

Finish this sentence honestly:

"If weight loss feels emotional for me, it's often because..."

One way I can respond with compassion instead of criticism:

Closing Reflection

Finish this sentence slowly:

“Weight loss for me doesn’t have to be a punishment.

It can be _____.”

Before You Move On

You are not behind.

You are not broken.

You are not failing.

You are learning how to support your body — not fight it.

Clarity creates confidence.

Small choices create momentum.

Consistency beats extremes.

Take this guide slowly.

Build trust first.

The rest will follow.