



The Eating Blueprint™: An Innovative Approach to Weight Management Using a Psychological Skills Approach

Level 1 Curriculum: Mindful Eating to Manage Your Weight in 3 Simple Steps

<p>Chapter 1: Discover Your Eating Story™</p> <ul style="list-style-type: none"> • If you struggle to implement weight management advice, it's because your weight isn't really about food • Discover the hidden role of your 'Eating Story' that is sabotaging your weight loss efforts • Revealing the full list of Dr Jen's 25 Eating Stories, so you can easily uncover yours • The hidden role of your unconscious mind and how to use its power to work for you not against you 	<p>Chapter 2: 3 Simple Steps to Food Freedom</p> <ul style="list-style-type: none"> • The one key question to ask yourself that takes moments and saves you from more weight loss struggle • Identify your 3 'Hunger Types' and know the easy way to uncover yours • Finding and using your Hunger Number™ in daily life, so you can be free of self-critical thoughts about your food choices 	<p>Chapter 3: Get Clear on What You're REALLY Hungry For</p> <ul style="list-style-type: none"> • Equipping you with the Problem Solving Tool™: revealing the 36 problems you may be using food to solve • How to discover what problem(s) you are 'eating away' with food • Saying 'yes' to food and 'yes' to what you're REALLY hungry for, so you can lose weight without hunger-pangs
<p>Chapter 4: Revealing the 'Inner Game' of Eating that Naturally Slender People Play</p> <ul style="list-style-type: none"> • The 5 mindset shifts of the naturally slender (that you simply haven't yet been shown) • How to easily develop these mindset shifts yourself and apply them in your daily life with freedom and ease • Creating the changes you want in just 5 minutes a day, so you can achieve new results no matter how busy you are 	<p>Chapter 5: Recognising Your 'Non-Food' Hungers</p> <ul style="list-style-type: none"> • How to discover the 10 missing pieces of your weight loss jigsaw • What are you really hungry for? • Developing new skills to manage your life with food – introducing the Eating Blueprint Building Blocks - Fun, Feelings, Fables, Foresight, Framework, Forgiveness, Feeders, Future 	<p>Chapter 6: Your 30 Day Plan</p> <ul style="list-style-type: none"> • A fun and inspiring 30 day plan to bring your insights to life • The plan is yours to keep so there is no pressure to complete in 30 days – take as long as you need and re-visit at any time in the future • Join Helen (NHS Nurse Member) who said, 'This really is very exciting, seeing what you will come up with each day!'

Please email hello@eatingblueprint.com to get started. We look forward to supporting you!

The Eating Blueprint™ was created by Dr Jen Nash (CPsychol AFBPsS ClinPsyD BSc), Clinical Psychologist and recovered emotional eater.