

# Worksheet: Triggers

## Trigger Foods List

In the video you just watched, you learnt about triggers - the foods that are your personal weaknesses.

Use the lines below list of your triggers.

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This is a personal list for you – you do not need to show it to anyone else, but keep it somewhere you will remember so that you can look back on it in 3 months time.

# Guide: How to eat for Effortless Fat Loss

Now that you have your list of personal triggers – take a highlighter or a different coloured pen, and highlight the foods that contain:

- **Dairy**
- **Wheat (or any gluten)**
- **Refined Sugar**

As I mentioned briefly in the video, many foods that are personal triggers also contain at least one of these three.

Did you find this to be true in your personal list?

This program focuses on removing these triggers from your every day diet – as they are all known causes of inflammation, and I have watched clients' weight just drop effortlessly once they have removed the foods that are causing their body to be inflamed.

Have a read through the next 3 guides for more information on the benefits of going dairy free, gluten free and refined sugar free - and how doing this creates Effortless Fat Loss.