

A high-speed photograph of two wine glasses colliding. The glass on the right is tipped over, and a large splash of red wine is erupting from the point of impact, spraying upwards and outwards. The background is a soft, out-of-focus gradient of light colors.

it's time to...

Feel amazing, sleep better
and lose the wine belly & brain fog!

*Wine
Down*

*What are your
Wine-Down goals & WHY?*



measure your waist and the largest part of your belly

Date:

Waist:

Belly:

Skin looking less than perfect? Take a selfie and date it, paste it here.



30-days from Today



Creating your Wine-Down Runway



Clear out the cabinets and fridge of any temptations; alcohol, or sugary snacks you would typically substitute for wine. (Your desire for sugar WILL increase)



Stockpile recipes for healthy meals you love that don't remind you of wine. i.e. skip the pasta if it reminds you of red wine



Create a shopping list with foods that you purchase from the "store perimeter" fresh veggies, fruits, grains, meats, and fish. See the shopping list at the end of this handout.



Treats & Teas – Teas, green juices, fresh fruit, healthy snacks, fresh peeled ginger tea. Remember, non-processed snacks and treats. Don't replace sugar with salty processed snacks like chips, and heavily salted nuts!

Runway checklist:

- ☐ Clean wine rack, cabinets, fridge and freezer of what you don't want on hand
- ☐ Menu planning & recipes
- ☐ Shopping list

The hidden & unconscious triggers to wine in your day

Wine triggers can be anywhere. It might mark the end of the day, a good meal out, an argument with a partner, and everything in between. Start writing down your triggers so you can be aware when they happen.

Write down any additional triggers that make you want to eat, drink, yell.?



Soothers & Reminders

List some soothers that make you feel really good. Maybe you love cut flowers, calling a friend or a walk in the woods. Add a couple of visual aids like gold stars for your calendar or a mason jar to add your daily gratitudes.

1.

2.

3.

4.

5.

Reminders, Notes & Progress

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

There's always a perceived benefit to any action...

Awareness is key. How do you feel when you take that first sip of wine? What are the good feelings you associate with drinking?

Time

Emotions

Location

Activities



Triggers show up in the strangest of ways...

Track the triggers that create the cravings

AWARENESS IS THE FIRST STEP TO ANY CHANGE.

Time

Emotions

Location

Activities



- Notes & Reminders -

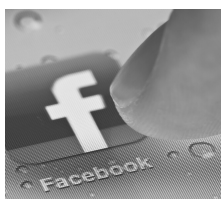


Use visual aids to track each day.

Consider a calendar you can mark each wine-free day off, or add a "gold star" to your calendar daily, get a mason jar or a bowl where you can add your gratitude for each wine-free day,



Daily notes & journaling. Each day morning and/or evening make an entry about how you feel. Potential prompts; how you feel at the end of the day, beginning of the day, struggles and triggers you experienced, any positive outcomes you are experiencing, difficulties-track these so we can work through them.



Community - add your input to the FB group

- Tools & Techniques -

Habit Shifting & Stacking



Trigger blocking



Wonderwoman

Tapping/EFT



Meditation, self-care & rituals
candles, tea, baths, beating pillows

NLP

Anchoring



Read about the benefits of drinking less or the problems with drinking more



Long walks

Celebrations



Foods can trigger cravings; what to avoid and what to enjoy

Change can be challenging. Here's a quick list to highlight preferred foods and those to avoid.

FOODGROUP

EAT THESE

LOWER THESE

FRUITS

Apples, dried apricots, blueberries, blackberries, peaches, raspberries, plums, strawberries, kiwi, grapefruit, cherries, honeydew, pears, oranges, lemons, limes.

Grapes, raisins, mangoes, pineapple, banana, papaya, watermelon, dates.

NON-STARCHY VEG

Asparagus, bell peppers, broccoli, zucchini, Brussels sprouts, cabbage, cauliflower, celery, eggplant, fennel, green leafy vegetables, jicama, mushrooms, okra, onion, radishes, snap/snow peas, spinach, quash,

None

STARCHY VEG & GRAINS

Acorn or butternut squash, quinoa, yams,, plantain, parsnip, potato (yellow, red and purple) ,, sweet potato, tapioca, yucca,, onion, radishes, snap/snow peas, spinach, quash,

None

Wheat, bulgur, barley, couscous, spelt, buckwheat, millet, oats, quinoa, rice (brown/wild/basmati), kamut, rye, triticale, farro, semolina and malt.

Processed box foods

LEGUMES

Beans, peas, lentils., black, cannellini, garbanzo, kidney, lentil, lima, mung, navy, green peas, pinto, vegetarian refried beans, hummus



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FOODGROUP

EAT THESE

AVOID THESE

NUTS & SEEDS

Almonds, cashews, chestnuts, chia, flax, hazelnuts, walnuts, sesame (seeds & tahini), Brazil nuts, sunflower seeds, pine nuts, pistachios, pumpkin seeds, macadamia, pecans

Oils with added sugar.

MEAT, POULTRY, FISH, & EGG

Preferably organic, free-range/wild.

Meats processed with nitrites/nitrates,

DAIRY

Unsweetened milk, cream, buttermilk, cheese, cottage cheese, ricotta, Greek yogurt, coconut yogurt, butter, dairy alternatives such as almond milk, coconut milk, hemp milk, flax milk, coconut kefir.

ice cream, frozen yogurt, soy milk, non-dairy creamers and soy yogurt with added sugars, whey protein.



Foods can trigger cravings; what to avoid and what to enjoy

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FOODGROUP

EAT THESE

AVOID THESE

FATS & OILS

Oils: Extra virgin olive oil, butter coconut oil, ghee, grapeseed oil, avocado oil, flax oil & walnut oil, mayonnaise, olives, avocados.

Margarine, shortening, vegetable oil, canola oil, soybean oil, peanut oil, corn oil, cottonseed oil..

BEVERAGES

Coffee, tea, herbal tea, seltzer or mineral water, unsweetened coconut water.

Soda or soft drinks (even diet). Alcoholic beverages.

SPICES, CONDIMENTS & SWEETENERS

Vinegar; all spices /herbs including: cinnamon, cumin, dill, garlic, ginger, mustard, oregano, parsley, pepper, rosemary, salt, tarragon, thyme and turmeric. coconut aminos, stevia, monk fruit, erythritol, xylitol

Anything with added sugars, corn syrup, artificial sweeteners (Equal/aspartame, Splenda/sucralose).