

Lesson #3: **THREE** Paths

Free To Shine

by Christian Nutritionist

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WORKSHEET

Free To Shine: God is ONE

3. What unhealthy foods are not important to you? What unhealthy foods could you easily reduce or eliminate from your diet?

4. Is there one small step that you could take today in regards to reducing or eliminating an unhealthy food from your diet that would not be missed terribly?