



 **Homemade Method™**

# PROGRAM OUTLINE

FOR THE LIFE-CHANGING  
COOKING PROGRAM

[www.homemademethod.com](http://www.homemademethod.com)

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BONUS: HOW TO SHOP IN SEASON & STOCK YOUR PANTRY FOR HEALTH

# PROGRAM OUTLINE

## WELCOME TO LIFE-CHANGING COOKING! (START HERE)

Welcome Video & Checklist for Getting Started

Introduce Yourself & Meet our Members!

Your Complete Program Recipes (Copyright Protected)

Personalized Grocery Shopping & Pantry Checklist

## PREPARING FOR SUCCESS

Watch Anna's Preparing for Success Video & Set your Goals

Let's put this on your Calendar

Kitchen Equipment Checklist

Learn About Homemade Method, Your Program & our Legal Terms (Optional Reading)

## WEEK 1: SUPERFOOD SMOOTHIES

Watch our Superfood Smoothies Video

Learn how to make Homemade Superfood Smoothie

Try Our Most Popular Superfood Smoothie Recipes

## WEEK 2: A NEW MINDSET FOR EATING

Watch our Video about a New Mindset for Eating

Mindset: Eating for Nourishment & Satisfaction

Complete your Weekly Challenge

## **WEEK 3: BREAKFASTS OF CHAMPIONS & KNIFE SKILLS**

Watch our Knife Skills Video

Learn how to Chop like a Pro (Knife Skills)

Watch our Breakfasts of Champions Video

Watch our Breakfasts of Champions Video

## **WEEK 4: THE "COOK, EAT, LISTEN" PRINCIPLES**

Watch our Video about the "Cook, Eat, Listen" Principles

Mindset: 3 Simple, Proven Principles for Lifetime Success

Complete your Weekly Challenge

## **WEEK 5: ROASTING & COOKING WITH YOUR OVEN**

Video on Roasting & Oven Cooking

Learn how to Cook Using your Oven

Try our Easy Roasted Chicken & Other Oven Favorites

Choosing the Right Cooking Oil

## **WEEK 6: WHY COOKING IS THE KEY TO LOSING WEIGHT WITHOUT DIETING**

Watch our Video about why Cooking is the Secret to a Healthy Energetic Body

Mindset: Why Cooking is Essential for a Healthy & Energetic Body

How to Plate your Food - Entice all of the Senses

Complete your Weekly Challenge

## **WEEK 7: THE ART & SCIENCE OF FLAVORS: LET'S MAKE SENSATIONAL SALAD**

Video on Mastering Flavors & Sensational Salads 3 Ways

Learn how to Create Flavors in your Cooking

Try our Sensational Salads & DIY Dressings

## **WEEK 8: RESETTING YOUR BODY'S HUNGER CONTROLS**

Watch our Video About What to Eat for Optimum Health & Weight?

Mindset: What to Eat for Optimum Health & Weight

Complete your Weekly Challenge

## **WEEK 9: THE PERFECT SEAR FOR EASY, HEALTHY DINNERS**

Watch our Video on The Perfect Sear

Learn how to Perfectly Sear Meats & Fish

Try our Tuna Tataki, Seared Lemon Chicken, Asian-Marinated Steak & Other Recipes

## **WEEK 10: HOW TO LISTEN TO YOUR BODY**

Watch our Video about How to Listen to your Body

Mindset: Discover how to Listen to Your Body & Free Yourself from Dieting

Complete your Weekly Challenge

## **WEEK 11: GREAT GRAINS & THE TRUTH ABOUT CARBS**

Video on Great Grains & The Truth About Carbs!

Learn how to Cook Light, Fluffy Grains for Sustained Energy

Try our Homemade Sushi & Other Great Grains Recipes

## **WEEK 12: HOW TO OVERCOME THE DIETING MINDSET**

Video on Why Diets Don't Work - REVEALED

Video Meditation to Ditch the Negative Body Talk

Mindset: Discover 5 Steps to Escape Guilt & Emotional Eating for Good

Complete your Weekly Challenge

## **WEEK 13: HERBS & SPICES TO CREATE WORLD FLAVORS**

Watch our Video on using Fresh Herbs & Spices

How to Cook Using Fresh Herbs & Spices

Try our Mexican, Cuban, Italian & other World Recipes

## **WEEK 14: THE 5 LIFESTYLE FACTORS IMPACTING MOST ON YOUR HEALTH & WEIGHT**

Watch our Video About the 5 Lifestyle Factors Impacting most on your Health & Weight

Mindset: Discover 5 Easy Lifestyle Tweaks to Eat Better

Complete your Weekly Challenge

## **WEEK 15: SATISFYING SNACKS**

Watch our Video on Satisfying Snacks

Mindset: How to Snack Right (finally!)

Try our Satisfying Snack Recipes - Healthy, Fast & Tasty!

Complete your Weekly Challenge

## **WEEK 16: DECADENT DESSERTS & OVERCOMING YOUR SUGAR ADDICTION**

Watch our Video on Decadent Desserts

Boost your Desserts the Homemade Way

Mindset: Kick your Sugar Habit (Without Giving up Dessert!)

Try our Decadent Dessert Recipes

Complete your Weekly Challenge

## **BONUS: STAYING ON TRACK, FINAL REFLECTIONS AND WHAT'S NEXT?**

Video on How to Eat Healthy...When Life Throws you a Curve Ball!?

How to Deal with Setbacks & Get Back on Track

Your Results & Final Reflection: See exactly how far you have come!

## **BONUS: HOW TO SHOP IN SEASON & STOCK YOUR PANTRY FOR HEALTH**

Watch our Grocery Shopping Tour Video

How to Shop in Season & Stock your Pantry for Health

Personalized Grocery Shopping & Pantry Checklist

Complete Your Weekly Challenge

# WELCOME!

## LADIES OVER 50, LISTEN UP...

You want to lose weight and reduce high blood sugars, pressure and cholesterol? Maybe even get off meds?

**But diets don't work.** Any weight you lose, you just gain it back. I know this because I tried every diet under the sun.

While searching for my own solution, I stumbled upon this simple system. I perfected it while studying a Masters Degree at Stanford University and working with a Team of Doctors, Nutritionists and Holistic Chefs. I've lost over 30lbs and kept it off. Today, I've shared it with over 10,000 Ladies, and now I'm grateful to share it with you, so you can **achieve the healthy, energetic body you desire and deserve.**

xo, *Anna*





## OVER 300,000 LADIES KNOW THE SECRET

Since 2013, over 300,000 Ladies in their 50s, 60s and 70s have taken our Workshops and Programs. **Our Members have lost weight - from 10lbs to over 140lbs -** and reversed high blood numbers. Stanford Hospitals and 7 Medical Clinics have partnered with us.

# YOUR PLAN



## 1. COOK YOUR OWN FOOD

Cook your own food so you know what goes into it. If you already cook most of your food, move on to step 2! If you don't like cooking, just add one extra homemade meal per week and build up from there. Baby steps!



## 2. EAT WHOLE NATURAL FOODS, MOSTLY PLANTS

Eating the RIGHT foods helps you reset your body's hunger and satiety controls so you feel satisfied and don't overeat. This is the antidote to dieting!



## 3. LISTEN TO YOUR BODY

Listening to your body is the KEY to letting go of excess weight. Sadly, everything the dieting industry teaches us is WRONG. Luckily, you can relearn this at any age, because your body is designed for healing.



READY?  
LET'S GO!