

LIFE-CHANGING COOKING PROGRAM



Introduction to Life-Changing Cooking Program

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Welcome to Life-Changing Cooking!

Welcome to Life-Changing Cooking! We are so delighted to have you join us for the next 4 months - or longer if you choose to continue with our graduate program called 'Success'!

Homemade Method was founded on the belief that **being** healthy starts fundamentally with **eating** healthy. That means cooking with whole, natural and seasonal ingredients and learning how to eat for Nourishment & Satisfaction™.

During this 4-Month Program, you will learn core cooking skills, healthy recipes, nutrition information and the right 'mindset' piece to support healthy lifestyle changes. You will also have access to personalized expert support throughout your Program and our inspiring Members-Only Community of like-minded peers, travelling through the Program with you!

Here we will give you more information on how the Program works & how to prepare yourself so you can get the most out of your Program. Our goal is to make sure you feel confident, informed & prepared for SUCCESS!

How it Works: The Nuts & Bolts

If you are reading this document, then you must have successfully completed your Registration & activated your private login. Please make sure you write down & securely keep your private login information (email & password) as we do not have a record of this.

During the next 4 months, you will be able to access your Program materials on this website. We recommend you bookmark or save this link for easy access in the coming months. If you have any technical questions or support needs, scroll to the end of this document for our short guide and then if you don't see an answer, please email member@homemade-cooking.com.

Program Time: How much time will you need to set aside?

The actual Program materials are about 30 minutes reading per week. We all need to eat - so the time you spend completing the Weekly Cooking Challenges will come off the time you already spend eating out, buying groceries & preparing meals - about 2-3 hours per week. You may actually end up saving time (and eating a lot better). You can also spend as much or as little time as you like in our Members-Only Community Facebook Group - just know that you will get back 10 times what you put in! :)

Program Overview

Our Program consists of 4 elements: Mindset, Cooking Skills, Recipes & Weekly Challenges. Here's a bit of information about each one:

1. **Mindset:** You will transform your way of thinking about food & your eating from dieting and deprivation to Nourishment & Satisfaction™ using the Homemade Principles™ for lasting results
2. **Cooking Skills:** Each Module you will learn a new cooking skill or dish. You build on the skills you learn each week, so by the end of the Program you will be able to confidently prepare all of your meals, snacks & desserts from scratch.
3. **Nourishing & Satisfying Recipes:** We've included recipes each week which practice the skill you learnt that week. *You don't need to cook all of the recipes each week.* Just pick the ones that appeal to you or experiment with something new you wouldn't usually eat! We've designed our recipes for optimum nutrition & health, and with busy people in mind who want to put a healthy, tasty meal on the table fast.
4. **Weekly Challenges:** Each week you will receive a Weekly Challenge which draws together the cooking skills, recipes & mindset from that week. By completing the Weekly Challenges each week, you will be building the habits necessary to support a new healthy eating lifestyle.
5. **Members-Only Community:** Our private online Members-Only Facebook Group is made

up of other people just like you who are taking our Program (at different stages). You will be sharing your Weekly Challenge Answers in the Group. The Members-Only Community is an amazing resource for support, inspiration and getting your questions answered, so take advantage of it! The Members-Only Facebook Group is also where you can reach out for Expert Support with any cooking, nutrition, health or weight loss related questions.

Please help us to keep the Members-Only Facebook Group interesting and relevant to everyone by emailing your technical or program related Questions to member@homemade-cooking.com - after you've checked your Welcome Packet (pinned to the top of your program) for the answers.

Program Access

As you may know, your Program runs for 4-months, during which time you have unlimited access to all Program materials, our Members-Only Facebook Group and Expert Support. The way the Program works is you will first complete your Welcome Packet and Preparing for Success Module. Then you will get an email from us on the same day each week, every 7 days, to let you know you can commence your next Module or Bonus materials.

We have run this Program many times and we strongly suggest you travel through the Program in the order and at the pace provided in order to get the best results and gradually build new healthy habits! So try not to skip ahead! But if you ever fall behind or want to repeat something, then you are welcome to go back and complete previous materials at your convenience and as many times as you like - we definitely support & encourage this! You are also welcome to download, save or print all of your Program materials as you travel through the Program for lifetime access.

Success Graduate Program for Continued Support

At the end of your Program we will send you information about our Members-Only Graduate Program which we call "Success" if you wish to continue your healthy eating journey with us after 4 months!

How to get the most out of your Program

1. Be prepared to try something new

The Homemade Method approach to eating for Nourishment & Satisfaction™ by applying the Homemade Principles™ is very different to many existing programs and approaches that some of our Members have tried to lose weight in the past. We do not promote dieting, calorie counting, weigh-ins, guilt or restricting particular foods. The diet industry, commercial weight loss industry and even medical industry have promoted these approaches for so long that it can be scary to try something different. But studies show those approaches don't work for over 90% of people because it's hard to stick to them over the long term. The Homemade Method approach is proven and it does work, but you need to be prepared to try something new!

In addition, the Life-Changing Cooking Program will introduce you to a range of new ingredients and dishes, including foods you might not have liked in the past or have tried before. Don't let that be a barrier! The way in which ingredients are prepared and combined has a huge bearing on their taste. Also your palate changes the more you cook and eat whole food ingredients. So you might be surprised at what you like and might even discover some new personal favorites!

2. Commit to investing some time in yourself

Our goal is to teach you healthy cooking and eating habits that last FOR LIFE. But we can't do this without you! Therefore, the second key element of success in your Life-Changing Cooking Program is committing a couple of hours each week to yourself! We do hope you will find it enjoyable, relaxing and fun. Don't worry, it gets quicker and easier to cook your own food over time, so eventually you won't even have to think about it. The feedback we have received from our Members is they actually *gain more time* in terms of increased productivity, more energy and better quality sleep by making this investment in their health.

3. Move your body every day

You will get the best results if you compliment your Program with some kind of exercise program. Incidental exercise counts too: lifting at work, taking care of your grandkids or walking to the bus stop. It really doesn't matter what it is - just move! Find something you like and try to do it every day. Start slow & simple - 10 mins of walking per day - and then build up from there.

4. Be patient & stick to it

The Life-Changing Cooking program is proven and it works. Our members have lost weight, maintained weight loss, and improved or reversed chronic disease symptoms like high blood pressure, high blood sugars, and high blood cholesterol. They have reduced or stopped medications. They have also reported more energy, better skin, better digestion and overall better health and quality of life. Whole families have experienced improvements, often due to the changes in eating and cooking habits led by one individual in the family taking our Program. You can read more about our Results in our "About Homemade" document.

However, this is NOT about a 'quick fix'. Years of abusing our bodies with fad diets, unhealthy foods and inconsistency can wreak havoc on our metabolisms, hunger control hormones, overall health and cause us to gain weight. We don't require you to count calories or restrict any foods. We don't need you to rely on willpower or self discipline either. Rather, we tap into the innate ability of the body to self-regulate, heal itself and attain an optimum weight when you switch to a nourishing whole foods diet and change your relationship with food. This process is necessarily gradual. We are talking about, and aiming for, **lasting results** and a healthy lifestyle change that you will **want to maintain for life** because it's easy, delicious & satisfying! So be patient and have faith in the process. It will work, just give it time.

Don't try to be perfect or focus on the numbers on the scale. In fact, we do not recommend frequent weigh ins, especially for the first month of the program, and no more than once every 2-4 weeks after that. It is normal to gain a few pounds in the beginning - this can be due to a host of factors, including increased water weight or retention. It is also normal for your weight to fluctuate in a range of 2-4lbs from day to day and week to week throughout your life.

Instead of weighing yourself too often, focus on how you feel. How do you feel in your clothes and how are they fitting? How is your state of mind and your emotional state? How is your body confidence and your relationship with your eating? These are far better indicators of progress than daily weigh-ins. As you progress through your Program, you should start feeling more comfortable, confident, happy, energized and notice your clothes fitting looser. THIS is the feeling you want to focus on as you make your meal choices for the Program and the rest of your life!

REMEMBER: The number 1 way predictor of success in the Homemade Cooking program is simple: Be patient & stick to it! No matter what, just keep going.

How to use your Online Program

In order to access the Program materials, you will need to pull up the program website that emailed to you weekly. Once open, simply enter your login info.

To access and complete the Program materials, just click on the Life-Changing Cooking Program with Expert Coaching in your Library . Just click on any Module heading to expand and collapse to reveal the steps for that Module! To complete the Steps, simply click on any Step to open the content for that Step. You can then read a short introduction, and scroll to the bottom of the Step to see the relevant document. To open the document, click on it. *This will download a copy to your computer - just click on the file name on the bottom left of your screen or go to your downloads folder to open it.*

Make sure to mark the step complete when you're done to track your progress! Once you have completed any step, don't forget to mark it complete & you will receive points for completing that step! Points accumulate to the end of the Program & you need to complete all

steps to receive 100% completion for the Program.

Technical Support

You are welcome to email member@homemade-cooking.com at any time with technical queries relating to Program access or other technical issues. We will do our best to help you and do so in a timely manner.