

Creating a List:

Make the _____ and _____ to it!!

_____ temptation.

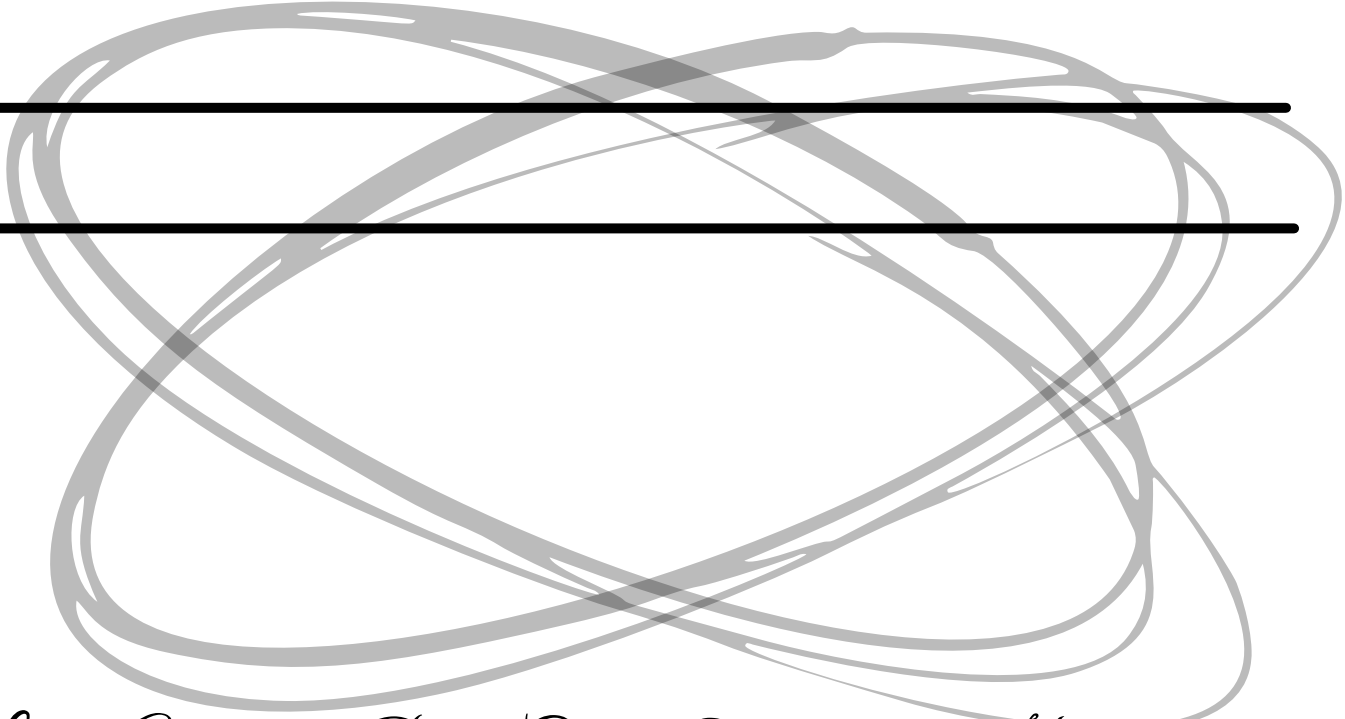
Increase _____.

Cut out _____ foods.

Create _____ time.

Give yourself _____.

List 5 Ways to Ditch Sugar Through the Holidays!



List 5 Ways to Ditch Carbs Through the Holidays!
