



Eating Mindfully and Joyfully~ Tips and Journal Exercises

Part 2

TIPS TO EATING MINDFULLY

1. Eat more real food.
2. Eat more vegetables and fruit
3. Switch to healthy fats and eat them daily
4. Pay more attention
5. Eat what you enjoy
6. Masticate your food before swallowing
7. Savor flavors, colors, textures

Let's explore how to bring joy into eating! Eat Mindfully!!!

- What words would you use to describe how you eat?
- When is eating the happiest for you?
- What foods do you eat every day?
- What foods do you wish you ate more often?
- What are your favorite foods?
- Favorite flavors?

Let's begin to moving toward joyful eating:

- How many times a day do you eat?
- Do you eat fresh vegetables and fruit?
- How many do you get in on average a day?
- Do you know how many you are supposed to be getting daily?



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- Which are your favorites?
- Do you think you eat too much sugar?
- Do you eat artificial sweetener?
- Do you eat packaged or processed foods?
- How often per day/week/month?
- Do you drink alcohol or caffeine?
- How often?
- Is eating ever unpleasant for you? When and why?
- Do you include these healthy fats everyday: Olive oil, Canola oil, Avocado, Olives, Nuts, Wild caught salmon, Coconut Oil

NEXT STEPS:

Meals and snacks I could plan for:

Foods I could eat more often:

Foods I could eat less often:

I could begin to change my approach to food by first:

Join an accountability group.

Find a Health and Life Coach.



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To bridge the gap between what we are eating and what we should be eating consider adding:

- Juice Plus trio of capsules or chewables
- Plant Based Complete shakes in French Vanilla or Dutch Chocolate
- Complete Bars in Dark Chocolate and Fig or Tart Cherry and Honey
- Omega Blend 3.5.6.7.9 Plant based vegan omegas
- Growing your own food with the Tower Garden

For further action steps please visit our healthy living website!