

Mindful Eating



1 Give thanks

Start each meal by saying a few words of gratitude for the meal you're about to eat. Be grateful for everything it took for this food to get to your plate today – the sun, the rain, the farmers who grew it, the grocer who stocked it on the shelves making it available to you. Send love to the cook who prepared it. Be grateful for the miracle that it took for this food to grow from a tiny little seed into its fullest form ready for harvest.

2 Practice intuitive eating

Learn to tune into your body and its signals. What does it feel like when you're hungry, when you're thirsty and when you're full? Notice if you're eating because you're tired, sad or stressed. What are you really craving? What are you really hungry for? Are you craving nourishment from another area of your life?

3 Focus on nutrient-density

Ditch calorie counting, portion control, counting fat and protein grams. Begin to look at food in terms of how much nutritional punch it has per bite. By eating healthy, nutrient-dense food you're giving your body a gift. This is high vibration food that infuses your body with energy, enzymes, minerals and vitamins that will make you look and feel your very best.

4 Savor each bite

Tune into all of your senses, not only the taste, but the texture, smell, and sound of your food. Put down your fork between bites. This simple pause can be meditative and allows your body the chance to assimilate all the information. If you're feeling really adventurous, try chewing each bite 25, 50 or even 100 times. Do nothing but eat, chew, taste and be conscious of what happens next. After the first bite, what do you notice?

5 Observe how food makes you feel

While you're eating, and especially after you finish a meal, consider how you feel physically, emotionally and mentally. After you eat do you experience gas, reflux or bloating? When you eat sugar do you notice that you feel really up for awhile but then crash 30 minutes later feeling irritable? Ask yourself if this food is giving you energy or do you feel drained and sleepy? Is this food helping you feel more vibrant? Is this food nourishing you and helping you feel and perform your best?



Opening Blessing

Thank you to the Earth for giving birth to this food. Thank you to the Sun for nourishing it. Thank you to the Wind for carrying its seed. Thank you to the Rain for quenching its thirst. Thank you to the hands that helped to grow this food, to bring it to our tables, to nourish our minds, bodies, and spirits. Thank you to our friends, both old and new, to our families, and our loved ones. Thank you.