



Hello Clean Eaters! Welcome to DAY 2 of the 5 Day clean Eating Challenge!
How was your day yesterday? I hope you were able to find a few quiet moments to reflect and journal about "your why". It is so important to find your why because the journey to better health is your own unique journey!

Day 2 is all about Eating Mindfully!

What does it mean to eat mindfully? Eating mindfully means to eat with the intention that you are fueling your body with the best food possible. This phrase comes to mind: **eat to live, not live to eat.**

Don't beat yourself up if you've eaten too much recently. Now is the perfect opportunity to try again! Practicing mindful eating can help you avoid the typical holiday weight gain (and the guilt that often follows.) But as you go into this Holiday season, you will be equipped with the tools to help you stay intentional with your food choices.

These mantras will allow you to eat mindfully. I will read these mantra's when I feel I have not been fueling my body properly or first thing in the morning when I am reflecting on my day. I suggest you read these mantra's daily – several times – until you start to understand that your body and health depends on what you fuel it with!

**MINDFUL EATING IS VERY PLEASANT.
WE SIT BEAUTIFULLY.
WE ARE AWARE OF THE PEOPLE
SURROUNDING US.
WE ARE AWARE OF THE FOOD ON
OUR PLATES.
THIS IS A DEEP PRACTICE.
- THICH NHAT HANH**

Mindful Eating Mantra 1

I will remember to start each meal with some deep breaths and a pause to become fully present. I will pay attention to the details (color, smell, texture) of my food and think about how nutritious and important it is for my body.

Mindful Eating Mantra 2

Before reaching for a snack, I will ask myself, *Am I really hungry for this? or Am I hungry for something else? And Is this the best fuel available to me?*

Mindful Eating Mantra 3

I will pay attention to the food I have eaten and notice how it affected my mood and my energy. If I don't like the way I feel, I will not attack myself with negative self-talk, but rather note the feeling and remind myself before eating that food again in the future. I will honor my body and listen to it at all times.

Mindful Eating Mantra 4

I will eat my food sitting down and not rushed. Not in the car. Not in front of the TV. Not standing by the fridge. Instead I will be present with my food and acknowledge how much food I am eating at the time. I will not eat until I am stuffed. Instead I will eat until I feel satisfied and push all food away that may be left.

Mindful Eating Mantra 5

Before taking the first bite, I will take a moment to think about how grateful I am to have this food in front of me. I will thank Mother Earth for providing healthy, fresh food that I am able to enjoy whenever I please. I will thank myself for providing the option to eat nutritious food, knowing that I am fueling my body with the best fuel possible.

Today's Workbook Assignment

Your Mindful Eating Journey

Today I want you to reflect on your mindful eating habits.

- Has there been times where you sabotaged your health by eating mindlessly?
- Is mindfully eating an area where you are needing extra guidance in?
- Can you relate to any of the above mantras?
- Can you promise yourself that you will honor your body and fuel it properly?

When you start to view food as fuel – instead of a craving or a fix – you start to view food as a need instead of a want. Your body NEEDS nutrients to survive. It NEEDS fresh fruits and vegetables, healthy proteins, water and sunlight. Your body DOESN'T NEED processed foods, soda, junk food or refined sugar. Open up to yourself and visit your relationship with food. Is it positive or negative? Do you

have anxiety around eating? If so, take some time and find WHY and HOW you can change this!

As someone who recovered from eating disorders, I know first-hand how difficult this concept can be. But once you start to shift your focus from viewing food as an enemy to a necessity, you start to feel FREE and LIFTED!

Remember to be kind to yourself!

Love yourself!

Because you deserve it!

Healthy Eating!