



You made it! How did you do? Most importantly... how do you feel?!!!

I hope these past 5 days have been fun, exciting and encouraging! I want you to know that if you struggled at all, please be kind to yourself! Take it day by day and meal by meal. You shouldn't feel that you need to change overnight nor is that healthy to do. Gradual changes are the changes that will forever stay implemented! You are recreating a new habit and that takes time, desire and patience. Just know that you CAN do this!

As you start moving forward with your own personalized Clean Eating journey, I really want you to keep in mind that Clean Eating is a general term. Yes, I have said this many, many times. But this is a very important piece of knowledge. Because the main concept of Clean Eating is this:

Eat WHOLE foods in their most natural state. Period.

So experiment with different eating types! Try Paleo, or Vegetarian, or Vegan. Because as long as you are eating non-processed, natural foods then you are honoring your body and fueling it with the highest quality ingredients possible.

Commercials, advertising and society makes us think that we are TOO BUSY to eat healthy. So they throw pre-packaged items at us all day long because they

are “convenient”. They tell you - *Eat this because you're a busy mom, or working long hours, or don't have enough time during the day.*

If you don't have time to eat healthy and clean then you are fighting an uphill battle. Cancer is growing at an alarming rate, heart disease is the NUMBER ONE KILLER in America and prescriptions are being handed out left and right by doctors. When all you have to do is make more conscious decisions about what you are eating and putting into your body. I'm not going to lie and say it's easy because if it were easy we would not have a country that is almost 40% obese! From what I have learned from my clients, eating healthy food is the easy part – it's the consistency and lifestyle changes that are difficult. Let me share a secret with you - **I know you can do it!** How? Because by taking the time to be in this group you are one step closer to achieving your healthiest life! You are one step closer to changing your eating habits! And you are one step closer to start honoring and loving your body! Because if you don't take care of your body, where are you going to live?

There may also be habits in your life that are causing you to have an unhappy relationship with food – you may be over eating, restricting or you might be looking at food as the enemy. To mindfully eat you must BREAK these habits by understanding why you are doing these things.

STOP

Grazing
Multi-tasking while eating
Skipping Meals
Eating everything that is on your plate
Looking at food as The Enemy
Comfort Eating
Thinking you have no control
Living to Eat
Judging yourself and others
Eating food that does not serve you

START

Eating to Live
Loving nutritious plant based food
Drinking more water
Savoring food
Chewing slowly
Sitting down to eat
Be thankful for the food that is in front of you
Understanding you are not perfect and learning to FORGIVE yourself

I have included a **Daily Food & Mood Worksheet** that you can use to create your own meals, track your progress and reflect on how you feel after each day. This is a tool that I created for my clients to help them visually see what areas they need more self-love and care in. These sheets are vital for optimal health and wellness!

I suggest printing 7 sheets out each week and placing them in a folder or a binder. Each morning take a sheet out and carry it with you. Write down what you eat, how it made you feel, any exercise you did and any type of eating or food behavior you noticed. Before you go to bed, place the sheet back in the binder to reflect on later. On Sunday, take out the sheets you completed and start journaling. Make note of the things you enjoyed, any obstacles you were able to overcome, any failures you had, things you want to change, etc. When you are able to visually see your behaviors and recognize your problem areas, you can then make a choice to change them!



DAILY FOOD & MOOD WORKSHEET

BREAKFAST _____

SNACK _____

LUNCH _____

SNACK _____

DINNER _____

WATER (OUNCES) _____

EXERCISE _____

HOW DO I FEEL TODAY? WHAT WENT WELL? WHAT DIDN'T?

A note of gratitude – THANK YOU!

Starting the journey to a healthier life is the easy part, but the real success is found in the daily consistency! I hope this guide allowed you to see just how easy and simple Clean Eating truly is.

Please contact me if you have any questions, comments or stories to share! I love would love to connect with you!

And if you are still needing help with your Clean Eating or have any direct questions regarding meals or ingredients, please reach out to me. I want you to have amazing success with clean eating and living a healthier life!

XxOo Tasha Kaye

coachtashakaye@gmail.com

<http://tashakaye.weebly.com>

PS – you can find me on FaceBook, Instagram and Pinterest
– just search for “Clean Eating Mama”