

THE  
DAILY *Kelsey*

# THE PRACTICE



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## **Book Three: The Practice**

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In Book Two: The Plan, we learned about the balance of eating lots of whole foods to fuel the body and also how to include all types of foods. In this book, we will go over the aspect of learning to put it all together by learning how to listen to your hunger and fullness.

How do you learn how much to eat to be healthy, but also have no rigid rules around eating and maintain balance?

The key to this is to learn how to listen to your hunger and fullness with eating intuitively. This takes time and practice to learn.

Here's an example of practice: the skill of brushing your teeth.

Think about how many times you have brushed your teeth with your dominant hand. Now, try to switch to your other hand. How did it go? Not very well, I'm guessing. Brushing your teeth seems like a simple, menial task that should be "easy," right? Even though you understand the idea of how to brush your teeth with your non-dominant hand, it still feels uncomfortable and clumsy.

Just because we THINK a task like eating in a balanced way should be easy because it seems so simple, it doesn't mean it will feel natural overnight. It takes a little time and practice to be able to feel comfortable, confident, and skilled at this new task. That being said, have patience and keep working at it meal by meal. It will get easier!

How much practice do you have listening to your body? When you're doing something new it can feel like you're doing it wrong, but the reality is, you just need some time and practice to help it feel completely mindful, natural, and... intuitive!

Part of learning how to fuel your body well is learning to listen to what your body is telling you.

This is real and can be learned with some practice and patience.

**There are 3 major parts to learning how to listen to and fuel your body.**

1. Listen to hunger and fullness
2. Listen to how certain foods make you feel
3. Adjust according to what your body needs

If this sounds incredibly foreign to you, think about what skills you are best at in life. Maybe you're a great athlete, businessperson, parent, artist, or any other skill. Whatever your greatest skills may be, how long have you spent practicing and doing those skills?

Skills take time, but they become second nature. Listening to and fueling your body well is a skill. It just takes a little attention, practice, and patience.

Let's start by learning how to listen to your hunger and fullness.

Do you feel restricted to only eating certain amounts of food? Would you consider yourself a part of the "clean your plate" club? Both of these ideas may be well intentioned, but actually inhibit your ability to listen to your hunger for when to eat and in turn feel your fullness when your body has had enough to eat.

**LISTENING TO HUNGER**

It can be very challenging for someone who has constantly been on a diet to feel "allowed" to eat when they are hungry. Do you feel guilty when you're hungry? Hunger is actually a good thing. Your metabolism is working. If you ate just a couple hours ago, but are hungry again, that's ok.

Honor your hunger cues. Some days you will be more hungry than others.

Often, people will feel guilty for being hungry again when they feel that they "just ate." Perhaps you aren't eating enough or a good balance of nutrients during your meals and snacks. If you are only eating really small meals and snacks, you will constantly be in a state of hunger, which often can lead to constant thoughts of food.

If you learn to eat until your hunger is satisfied, your body and mind will start to calm and

know that there will always be more food available when you need it again.

When you are on a diet that makes you count every calorie, macro, or determines very specific portion sizes, you can end up suppressing your body's natural cues and simply relying on outlined portion sizes to determine how much you should eat. With this, often the amount of food is not enough food for your body, leaving you constantly hungry, always thinking about food, and low in energy, leaving your ravenous towards the end of the day.

On the flip side, if you tend to be a part of the "clean your plate" club, you always clean your plate no matter if you're hungry or not. You clean your plate, you finish the bag of chips, you eat the entire sandwich, leading to feelings of being overly-stuffed and potentially guilt.

Sometimes this comes from a place of not wanting to waste food, sometimes it's a simple of lack awareness for hunger cues. In addition, if you feel like this is your "last meal" you will more likely overeat if your mind thinks you won't be eating again.

### **RESPECT AND FEEL YOUR FULLNESS**

So, how does one listen to their hunger and in turn feel their fullness? This takes practice, but it is so important.

The key aspect to feeling your fullness is knowing that you will always have permission to eat. Food will ALWAYS be there and be available to you, so if you feel hungry again, you can always go back and eat more.

When you are just starting to practice this, eat slowly and be mindful of how your food tastes and feels to you. Pause periodically throughout your meal and evaluate how hungry you still feel.

Does the food taste good? Do you still feel senses of hunger? If you still sense some hunger, eat a little more. If you sense that you are at a comfortable satiety level, you can be finished for the time being, because you know that you can always go back and get more later.

What does it feel like to be at a comfortable satiety level? Many people feel that they only know what hunger and being overly stuffed feels like. Being at a comfortable level of satiety means you neither feel hungry, nor overly feel, you are neutral. Your stomach feels subtly full, not too much, not too little. You feel content, energized, and satisfied.

## **INCREASE YOUR CONSCIOUSNESS TO FEEL YOUR FULLNESS**

Sometimes, simply becoming more in the present moment and more consciously aware of your eating can make a big difference. Whether you find that you feel too restricted to being only allowed small amounts and fearing overeating, or are a “clean your plate” club member, or simply are not mindful of evaluating your hunger and fullness, becoming more consciously aware will be pivotal in being able to eat more intuitively.

One element that can be very helpful in being more conscious is avoiding distractions while eating. Try to find some time to sit down without the TV or eating while driving to your next meeting. This will allow you the head space to keep your focus on the meal.

Like I mentioned before, pause throughout your meal to evaluate how your food is tasting and your hunger levels. This is a great practice while you are learning to eat intuitively and as you get more practice, this will become easier and easier and eventually - intuitive!

If you find that your hunger is satisfied during a meal, you don't need to feel obligated to finish the plate. You can always save extra food for leftovers. On the flip side, don't feel like you have to leave food on the plate if you are hungry to eat everything! There are no hard external rules for what your body needs at that particular meal, your body will guide you. You can leave food on your plate because you can save it for later and food will always be available later if you are still hungry. You can eat all of the food on your plate, without guilt, if you find that your hunger levels indicate that you are needing the food. Your body is smart, it just takes time to learn how to communicate and listen to it.

If you tend to overeat, sometimes having a physical indicator can help you signify the end of your meal. When you find that you reach a comfortable satiety level after your meal, some people find it helpful to have a physical indicator to help you remind yourself that your hunger is satisfied. Something like turning your fork upside down or pushing your plate back slightly can help you keep from picking at the remainder of the food even though your hunger is satisfied.

If you tend to undereat, practice positive self talk during the meal. Encourage yourself that each bite you are taking is giving you energy and nourishment. Finishing your plate when you are hungry is a wonderful thing that will give you sustained energy throughout your day to be the healthiest version of yourself.

Learning to say no and yes based on what you truly need. We've all been to parties and family dinners when there's someone pushing food or drinks on you constantly. It can be

challenging to say no when you are peer pressured and constantly bombarded with offers. Go into the event prepared with how you want to respond when you are at a comfortable fullness level. It takes extra energy to say no and can feel uncomfortable at first, but consciously going in ahead of time having a plan of action will make it so much easier.

## **ELEMENTS OF FULLNESS**

If you find that you are constantly hungry there may be a few factors to consider. The time since you last ate can be a major factor in your hunger levels. In addition, the types of foods you ate will impact how long your hunger is satisfied for. For example, eating lots of one-ingredient, nutrient dense foods with protein, healthy fats, and complex carbs will keep your hunger satisfied and blood sugar levels stable for longer than highly processed foods or low calorie, low nutrient “diet foods” that tend to leave you unsatisfied. In addition your social circle can also be a influence in nutrition choices and amounts of food and drinks. A way to combat this is to continue practicing the consciousness of eating that we have already discussed. This can take practice and some discipline, but what can come from it is that it's empowering when you learn how to fuel your body well.

Overall, this process can take practice, so understand that it won't happen overnight. Just keep with it and it will get easier with time. The process of changing your beliefs, feelings, and behaviors around listening to your hunger and feeling your fullness will be a positive chain reaction in the relationship with food and learning how to fuel the body well. The key is to keep practicing and give yourself grace along the way as you work towards the freedom of intuitive eating.

## **LISTENING TO HUNGER & FULLNESS OBSERVATIONS**

When you are just getting started with eating intuitively, take note of a few things over the first week to evaluate how you are feeling and adjust your eating accordingly.

1) *How am I feeling right when I wake up?*

Observe your energy and hunger levels right when you wake up. Make sure you drink lots of water throughout your morning. Enjoy some coffee, tea, sparkling water, or simply regular water and observe how your body is feeling.

It can be a typical first habit to wake up and go right to the refrigerator or cupboard to look for something to eat before even evaluating hunger.

Do you feel hungry? Lethargic? Do you feel good? Energized? It can take some time to start

listening to your body, so allow it time to adjust and become more attuned. Be aware of how your body feels and responds so you can start eating according to what helps you feel most energized.

The key is to know that there's not one and only one "right" way to fuel your body. It is highly individual.

You don't have to eat very first thing in the morning. In fact, pushing your breakfast back an hour can give your body some extra time to burn energy most efficiently, without doing anything drastic. This strategy could be the key to getting past plateaus, as you don't really have to change much at all with what you are doing, but it can give your body the jumpstart it needs to reach your goals. In addition, giving yourself a little time in the morning to wake up can allow you to be more alert and aware of your hunger to fuel it.

On the flip side, if you wake up in the morning and find that you are hungry, listen to that and fuel your body accordingly. For example, some people who works out early in the morning may find that they get in a better workout if they have some food in their system. That would be an example of listening to your body.

Remember, flexibility, balance and learning what is right for YOUR body, will help yield the best results.

### *2) How am I feeling throughout the morning? Midday? Afternoon? Evening?*

Take some moments throughout your day to evaluate your hunger. If you find you are always hungry, you may need to be eating more food during your meals, eat more snacks, or find more nutrient dense foods in order to satisfy your hunger.

If you find that you are never hungry, start eating more frequently throughout the day. If you tend to undereat and can't eat larger meals at this point, eating more frequently can help get your metabolism rolling again when your body sees that it will continue getting nutrients to run properly.

### *3) Observe thoughts without judgment, take notes, and write truths.*

Observe your thoughts of food, both while your eating and when you are not eating. Are the thoughts pleasant? Anxious? Eager? What is your mindset when you are eating and when you are away from food?

Notice the thoughts and record them by writing them down. If the thoughts are negative in any way, write a truth about food next to that thought.

For example, if you felt stress about eating rice because of the carbs, write down the thought verbatim as it was said in your thoughts. Then, write next to the thought something like, "This rice has carbs in it and these carbs are going to give me tons of energy. I will be so productive throughout my day from eating this."

This exercise will help you get a better idea of your overall mindset, help you break the Dieting Mentality, and will help you see improvements as your relationship with food improves.

Overall, this process takes practice. At the end of this book, you'll receive some journaling pages that will help you put this into practice! Just like brushing your teeth or riding a bike, it gets much easier with time.

### **Listening To How Certain Foods Make You Feel**

What does it mean to *"listen to how certain foods make you feel?"*

This may sound like a far-fetched, mystical, unrealistic process, but it's actually quite attainable, empowering, and beneficial once you learn how to do it.

Listening to how certain foods makes you feel means learning how to evaluate how your body feels and performs after eating certain foods.

Examples of this could be a "sugar high" after eating lots of candy or soda, feeling sluggish after eating low carb for two weeks straight, or feeling a quick boost of energy from a cup of coffee or eating a snack.

As we have learned in previous modules, foods have different types of nutrients that fuel our bodies in different ways. Practicing listening to how different types of foods make your body feel and perform will be so helpful in understanding how to choose foods regularly.

In addition, everyone is slightly different in how their body responds to, digests, and absorbs certain foods. Some of this may have to do with allergies or sensitivities, but the vast majority of this process is learning how your body feels and performs when eating food. Some foods simply will digest better than others and learning what foods your body responds to best will

be really helpful to fuel your body well.

Remember, protein, carbs, and fats are all sources of energy and fuel for your body. Paying attention to these fuel sources will be helpful to adjust the types of food and amounts of food that you are eating.

### **REMEMBER IT'S A PROCESS!**

When you create a balance that allows you to fuel your body so that you feel great, achieve the look you are desiring, perform well, and enjoy life in a balanced way it's empowering.

The different strategies that are outlined in Book Two: The Plan are a starting point for your mindfulness with nutrition that will help you work towards your goals. That being said, it's really important to learn to listen to how your body is feeling and responding. Those are a starting point that you can adjust along the way according to how your body is feeling, performing, and responding. That's the beauty of this process! You are the only master of your body, and you now have the tools to learn what it needs, then feed it accordingly.

While you work towards creating that balance, it's important to realize this won't happen overnight. Allow yourself the time and self grace to practice this for a few weeks and even a few months without self judgment.

There will be days where you are feeling over the moon and feeling great with how your body feels, enjoying all the foods you are eating. There will be days where you just feel sluggish, and off. That is ok and normal. If you have moments of frustration or doubt in yourself or the process, take a step back and a deep breath. Time, practice, and patience will allow you to continue to unlock the freedom of eating intuitively to feel your best, look amazing, and be incredibly confident.

### **Outline for Listening and Evaluating How Foods Make You Feel and Perform**

This is a gentle outline for how you can structure your nutrition with learning to listen to your body for how foods make you feel and perform. A gentle outline means that these are not rigid rules that you have to follow. This is simply a guideline that you can determine what to eat and how to adjust what you eat according to how your body is feeling, responding, and performing after eating.

## **Listen and Evaluate How Your Body Feels with Your Current Nutrition Habits**

To start, the process of evaluating how certain foods make you feel, you will start with a simple mind-body connection exercise over the next few days without changing any of your current habits.

Here's what you will do. Over the three days, you will be evaluating how you are feeling after you eat your meals. Three times per day, take a minute to stop and jot down some notes in your Meal and Snack Journal about the type of food that you ate and how your body is feeling.

You do not need to track exact amounts of food, for example, you do not need to weigh, measure, or count calories in any way. You can keep this general in recording the types of foods that you were eating and general amounts.

For example, a record of a meal could look like this:

A chicken breast, two scoops of rice, a handful of peppers, a sprinkle of cheese, and salsa.

After writing down the foods from that meal, write down indicators for how your body is feeling. Here are some prompting questions to start evaluating indicators:

### **Physical Indicators**

#### ***Hunger***

- Do I still feel hungry? Satisfied? Overly full? How would I rate my hunger right now 0-10? (0 being overly full/stuffed, 10 being starving/extremely hungry).

#### ***Energy***

- Do I feel energized? Lethargic? Neutral? How would I rate my energy right now 0-10? (0 being no energy, 10 being extremely energized).

#### ***Digestion***

- Do I feel bloated? Light? Neutral?
- Do I have any stomach or other discomfort (cramping, gas, acid reflux, indigestion, diarrhea, constipation, etc.)?
- Does my food seem to be digesting well? List any physical responses your body is having.

#### ***Performance***

If I did any physical activity (workout, walk, hike, etc.), after eating, how did I feel? How did it

go?

## **Mental/Emotional Indicators**

### ***Clarity***

- Does my mind feel clear? Focused? Foggy? Neutral?

### ***Relationship with Food***

- How am I emotionally feeling after eating that meal? Do I feel guilty? Anxious? Happy? Relieved? Content? List any and all feelings you are having.

Evaluate how you are feeling right after your meal with these types of questions. Also take note of how you were feeling during the period of time since your last meal. Do this at least three times per day over the next three days. This will eventually help determine if you need to be eating a different amount of food and/or adjusting the types of foods you are eating.

## **Adjusting Foods According to How Your Body is Feeling and Performing**

After three days of starting to listen to your body and taking notes throughout the process, start making adjustments by implementing outlined in Book Two: The Plan, if you haven't already or start making additional small adjustments. You can start including more whole foods and adjusting foods to find a balance that helps you feel your best, perform your best, and in all honesty, look your best in a balanced way!

As you implement elements of The Plan as a guide for food choices, continue the exercise of evaluating how you are feeling throughout the day. Use the different indicators (physical, mental, emotional) to evaluate and adjust until you start learning how you feel fueled well.

This process of adjusting foods according to how your body is feeling is not a single destination where you have the exact foods and exact amounts to eat every single day for your best results and performance.

This is an ebb and flow that can have an overall framework that works for you, but know that each day there may be variances in what your body needs and what you feel like eating. That being said, once you learn the basics, you'll be able to use this as a starting framework for nutrition for life!

The overall point is to get you into a healthy rhythm where you understand how different foods fuel your body and how to adjust the types of food and amounts of food according to

how you're feeling and your activity levels. This process will help you not only reach the goals you're after, but help you live a balanced, healthy life where you can KEEP those results.

By simply focusing on whole foods most of the time and learning to listen to hunger cues, you're already on your way to a healthy lifestyle.

The goal is to get you to the place where you are feeling confident in how you look and feel, and then you focus on real food, eating intuitively, and adjust the types of foods you eat according to how you are feeling and your activity level - Got in a killer workout? Add in more carbs to refuel! Had an evening of pizza and soda the night before? Focus on more protein and veggies the next day! That's the goal...and you can do it!

This may not be as sexy as a program where it's "GET SHREDDED IN 30-SECONDS FOR THE ULTIMATE BEACH BOD," but this is REAL and will actually help you enjoy your life, get results, and keep them.

This is not a diet, it's a lifestyle. As you learn to live the lifestyle, here are some tips to get you to find the balance that is right for you.

As you practice implementing The Plan and making adjustments according to hunger, fullness, and how your body is feeling, remember the foundational mindset that we learned in Book One: The Method.

These are principles that you can use as mantras to help internalize to continually improve your relationship with food and your body. When you create an ecosystem of the mindset, paired with a flexible plan, and practice...You're set up for success!

Now, here are some tips that you can utilize when you are practicing!

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# Tips For Adjusting Your Nutrition

Tips for Adjusting Your Nutrition According to How Your Body is Feeling.

## **THE PROBLEM:**

Feeling tired, lethargic, light-headed, cloudy, have headaches.

## **THE ADJUSTMENT:**

1. Are you eating enough food in general?

Many people have come from a background of dieting and tend to restrict calories in when trying a new nutrition strategy. Remember the strategies we learned for listening to hunger and fullness. If you're hungry, eat more food!

2. Are you eating enough fats?

You get energy from fats and fats power your brain, so if you're skimping on the fats...bye-bye energy and brain power.

3. Are you eating enough carbs?

Like we mentioned, this is flexible and there are not harsh rules. The number one guideline is to just focus on eating real, whole, one-ingredient foods most of the time. If you do that alone, you will make great progress.

If you have been focusing on eating mostly protein, veggies, and healthy fats for a couple days in a row and are not used to that and/or are doing tough workouts, your muscles are going to be depleted of energy, so you might just need to add in a carb source your next meal.

There are some people who simply need more carbs to be fueled well. If you find you are low in energy, try adding in some carbs. Post workout is a great time to add in some carbs.

Eating carbs is not "failing" or "going off of the plan." If you feel like you need some more energy (especially if you don't have a lot of weight to lose and are active) add in more carbs to your meals.

4. Drink more water.

If you have headaches, simply not drinking enough water could be a factor.

5. Get better sleep.

Do your best to have a planned bedtime and do some light stretching, reading, or any other

type of relaxation technique to start powering down your nervous system to get good rest.

**THE PROBLEM:**

Feel bloated and gassy.

**THE ADJUSTMENT:**

1. Switch up the types of veggies you are eating.

If you are only eating broccoli or any certain veggie, switch it up! We need variety and certain veggies may cause more gas for you than others. After a while of trying new foods and listening to your body, you will start noticing how foods make you feel.

2. Try adding in some probiotics.

Probiotics will help aid in digestion, so you can try adding in things like yogurt, kefir, kimchi, pickles, sauerkraut, probiotic supplement, etc.

**THE PROBLEM:**

I'm SUPER hungry today.

**THE ADJUSTMENT:**

1. Eat more food!

Some days, you will be hungrier than others, and that's ok. If you are hungry, this means your metabolism is WORKING. Focus on the real foods that we outline and eat when you are hungry and until you are satisfied. When in doubt, focus on protein and veggies.

2. Bump up the protein.

Protein is incredibly satiating, so if you find you are extra hungry, you might not be eating enough protein.

3. Bump up the fats and/or carbs

Remember, fats will help give you more energy, give you brain power, and also help satiate your appetite. Carbs will give you quick energy, will help refuel your muscles, and satiate your appetite. Both of these are important to eat regularly for energy. Overall, again, if you're hungry, it's ok to eat more!

**THE PROBLEM:**

I'm NOT hungry today... Or, I just don't get hungry very much.

**THE ADJUSTMENT:**

1. Listen to your body – within reason.

You know by now we are advocates of listening to your body and feeding it accordingly. So, what happens if you don't ever feel hungry? This can happen for a few different reasons, but if you have a history of dieting or eating very little, your natural hunger cues may take some time to regulate again.

It's ok to eat a little less one day if you genuinely aren't hungry because you had some bigger meals the day before, and you aren't moving as much that day.

It's NOT ok to eat less one day if you are trying to restrict calories, if you feel guilty for what you ate the day before, or if you have a history of dieting and you know your hunger cues are not working properly. You should NOT be eating just one meal per day or extremely small amounts.

If you are not hungry, but feel that your hunger cues may be off, focus on the types of foods that we outline and eat your meals mindfully. Take pauses throughout the meal to evaluate where your hunger is at. You don't want to be stuffed to the brim, but you do want to get in the habit of eating regular meals to get your metabolism revving and normalizing again.

**THE PROBLEM:**

I totally screwed up and ate a bunch of foods that are "unhealthy."

**THE ADJUSTMENT:**

1. Don't stress about it... Just get back into your balanced routine.

This isn't about perfection, it's about consistency over time. This isn't an "all or nothing" situation. If you have some treats or foods that are typically deemed as "unhealthy," don't punish yourself, simply get back into your balanced routine with your next meal. Getting ride of the "all or nothing" mentality will be important if you want to make this a lifestyle.

Give yourself grace, but also set yourself up for success by prepping nourishing food ahead of time to have on hand and getting in workouts. If you had an urge to eat a foods that aren't the most nourishing, take a step back and evaluate what led you to do that: Are you feeling stressed? Depressed? No time? Everyone else was doing it? Revisit Book One: The Method for

some tangible ways to help evaluate and work through these situations.

**THE PROBLEM:**

Should I be taking supplements?

**THE ADJUSTMENT:**

1. In general, supplements are optional if you are eating a balance of whole, nutrient-dense foods. In general, a lot of supplements are filled with junk and artificial ingredients, so do be mindful of what you are choosing if you do want to include supplements.

**THE PROBLEM:**

I feel really terrible or am experiencing some abnormal symptom after eating a certain food.

**THE ADJUSTMENT:**

Check with your doctor to make sure you don't have any allergies, sensitivities, or other conditions.

Overall, we want to help teach you how to eat as a healthy lifestyle that ALSO gets you great results. Taking the time to establish these habits consistently over time (notice I didn't say "perfectly") is really important for your short term results and your long term health and well being.

**LISTENING TO HOW YOU FEEL MENTALLY AND EMOTIONALLY**

When it comes to how you are feeling, there are two vantage points. It means how your body is feeling and performing, but also how you are feeling mentally and emotionally with the foods you eat and how you feel about yourself.

If you have a complicated relationship with food, the mental and emotional side of eating can feel difficult and stressful.

If this is true for you, revisit Book One: The Method. These are things that are important to work through daily as you move into a new lifestyle.

## **PRACTICE THROUGH JOURNALING**

A great way to practice learning to be mindful and intuitive with your nutrition is through journaling. It's helpful to reflect and help you process what your body is feeling and how to make adjustments.

Included on the next page is a journal that you can utilize during your meals and snacks as you begin this process. You don't need to journal forever, but rather use this as a tool until you feel confident in your food choices and how to truly listen to your body!

# Balance

Date:  
Time:

BALANCE FRAMEWORK NUTRITION JOURNAL

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## Meal and Snack Journaling

Write down the types of foods that you ate at each meal and snack throughout the day and how you felt before, during, and after each meal/snack. Take note of hunger and fullness levels.

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### 1) Meal or Snack

(Circle one)

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### 2) Hunger Level Before Eating

(Circle your level of hunger)

(not hungry) 0 1 2 3 4 5 6 7 8 9 10 (extremely hungry)

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### 3) Types of foods that I ate:

(List the foods)

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### 4) I chose these foods because:

(List any reasons)

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### 5) Hunger Level After Eating

(Circle your level of hunger)

(not hungry) 0 1 2 3 4 5 6 7 8 9 10 (extremely hungry)

# Balance

BALANCE FRAMEWORK NUTRITION JOURNAL

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## Meal and Snack Journaling

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### 6) How My Body Feels

*(Describe how your body feels after eating this meal or snack. You can write this down immediately after or let your food settle and evaluate the type of energy you have and how the food makes your body feel in that way.)*

After eating, my body feels:

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### 7) Mindset During and After this Meal/Snack

*(Describe your thought processes around this meal/snack. Did you feel excited to eat, nervous, guilty, satisfied, irritable, anxious, happy, no real distinct feelings, etc.)*

During this meal/snack, my thoughts and feelings were:

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### 8) Adjustments for Next Meal/Snack (if needed)

*(List any adjustments that you feel you may need to make for your next meal (if any!). Adjustments could be if you feel like you were still hungry after the last meal and needed more food, if you felt a little overly full to eat slightly less by listening to your body, adjusting the types of food you need based on energy levels, etc. )*

## Putting It All Together

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We covered a lot in this program, but I promise, it will all feel like second nature in no time! Implement a flexible strategy from The Plan to get things rolling and utilize the journal to help yourself learn how to listen to your body.

Remember what we learned in Book One: The Method. We learned about the overall Balance Framework, which includes the Principles for a Balance Eating Mindset along with the Pillars for Balanced Nutrition. These elements help set the stage for a great relationship with food so that implementing Book Two: The Plan feels flexible customizable to your individual needs.

In Book Two: The Plan, we outlined the x's and o's to help you feel informed and mindful about food choice while keeping it incredibly flexible.

Finally, in this Book Three: The Practice, we bring it all together and cover how to listen to hunger, respect fullness, and listen to and adjust foods according to how your body is feeling and performing.

This is a new beginning for and I'm so excited for you! Be encouraged, because by practicing this approach, you will be more attune with your body than ever before and experience freedom with food that you never thought possible.

Bon appetit!



## **Stay In Touch!**

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