



# Food Routine

There are certain food patterns that support satisfaction and others that support feeling deprived whether we realize it or not.

Where do your patterns fall?

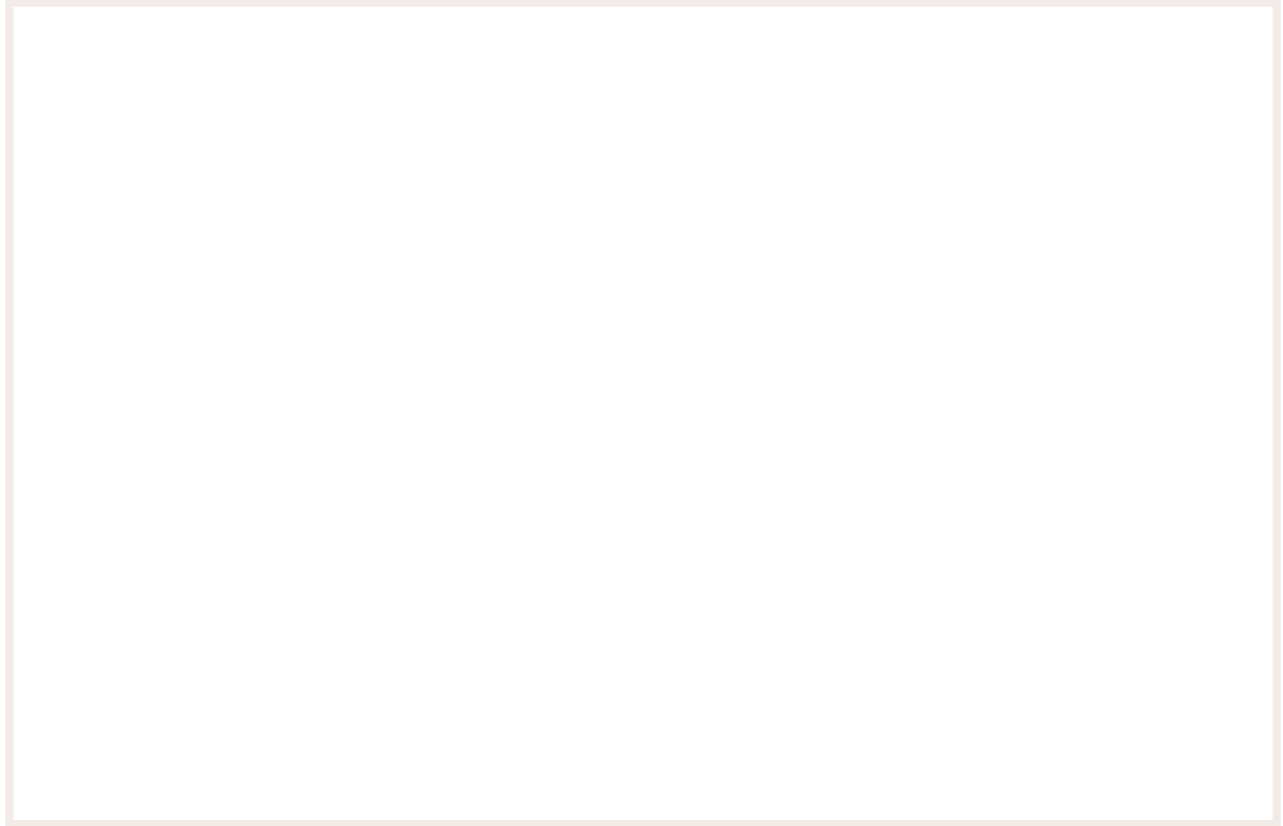
## Deprivation:

- Not pre-planning foods and deciding last minute when you are starving
- Eating fast (sometimes wondering if you even enjoyed the meal because it feels like autopilot)
- Multitasking and zoning out when you eat
- Picking all day so you never feel full, know if your hungry, and it feels automatic
- Eating in the car
- Eating out of containers
- Eating in secret or hiding
- Feeling upset or frazzled if someone comes in while your eating
- Taking a bite before you finished the first
- Not putting your fork down the entire time you eat
- Always finishing the meal or eating until it feels uncomfortable

## Satisfaction:

- Eating on a plate
- Using a cloth napkin, fancy glass, or nice silverware. Simple luxuries.
- Saying prayer or expressing gratitude before a meal
- Thinking about the taste, smell, or texture of the food.
- Not taking stress or emotions into a meal, letting them go before you eat
- Leaving food on plate sometimes
- Not eating something if it doesn't taste good
- Asking yourself what will taste good AND feel good
- Pre-planning meals for days that are busy or over-scheduled
- Not judging feeling full but feeling grateful our bodies tell us when to stop
- Knowing all foods are allowed and you get to choose
- Garnishing plate or plating food to look appealing
- Having meals with loved ones when possible
- Not multitasking at a meal
- Putting fork down and staying present at meals to check in with your body

Which food routines do you want to change?



Which food routines do you want to embrace?

