

MINDFUL BITES MEDITATIONS

WHAT IS MINDFUL EATING?

Mindful eating is an eating practice that helps you **get more in tune with your body's physical and emotional needs**. Instead of mindlessly eating food and moving on to your next task at hand, mindful eating allows you to tap into the physical sensations of food as well as discover what emotions are affecting your food choices.

A few things you'll discover with a mindful eating practice include:

- Why you feel like eating, and what emotions or needs might be triggering the eating.
- What you're eating and how you like it, don't like it, or are indifferent.
- The look, smell, taste, and feel of the food you're eating.
- How it makes you feel as you taste it and how you feel throughout the day.
- How hungry (& subsequently full) you are before, during and after eating.
- Learning to eat to maintain overall health and well-being.

If you struggle with your relationship with food and find yourself dieting, binging, frustrated with how/what you're eating, wanting to lose weight, or just overall wanting to make peace with food, mindful eating is the practice that will help you get there.

WHAT'S INCLUDED?

Head to the next page to see a description of each meditation included in this purchase and what you will need to do to prepare for each one. Some of the meditations will require a quiet, distraction-free space while others can be listened to at anytime, anywhere. Also, some meditations require you to prepare or bring a food item with you. Please read the description carefully before beginning so you will be best prepared for the meditation.

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#1: MINDFUL EATING WITH A "FORBIDDEN" FOOD

This meditation was created to help you make peace with any foods that are typically "off-limits" for you. This means a food that you either get nervous to be around because you usually binge when you have it or a food that you've avoided because it doesn't fit into your diet plan. Before you begin this meditation, you'll need to grab, make or purchase one of these "forbidden" food items. Once you have your food, find a quiet room where you can eat the food free of distractions for at least 10 minutes.

#2: CREATING A HAPPY OUTCOME WITH FOOD

This meditation is designed to help you create a positive experience with food. Use this meditation any time you want to have a happy outcome with a certain food, meal, or experience that involves food. Some examples might include a night out at a restaurant where you're nervous you'll overeat, making a batch of cookies at home and you want to not eat the entire pan plus a pound of dough this time, or you just want a tool to help you create a positive experience during your next event where food might be a worry for you. This meditation is designed specifically for you to be able to listen to whenever you want. Although a quiet, distraction-free space is most desirable to be present, I recognize that's not always possible. Use this meditation on-the-go whenever you need it to practice happy scenarios with food. You can use it while en route to a restaurant or an event that you want to leave feeling confident with your food choices, or even just at home when you need to work through a specific food scenario.

#3: CRAVINGS AND EMOTIONAL EATING

This meditation will help you work through a scenario in which you are craving something or wanting to turn to food to deal with your emotions. If you are truly craving something and are happy with the outcome of eating it, that's different than this meditation. This meditation is designed to specifically help you work through the emotions surrounding a strong or persistent craving that is most often tied to feeling emotions and not an actual physical hunger cue. Feel free to listen to this meditation as a regular practice to help you work through cravings and emotional eating.

#4: OVEREATING & BINGING

This meditation is designed to help you prevent overeating and bingeing episodes. During this time, you will tap into your hunger and fullness cues throughout a meal as you learn to listen to what your body is telling you. You will use the information you gain from this meditation to learn how to mindfully eat in all circumstances such as at home, at parties, restaurants, or anywhere food is presented to you. To prepare for this meditation, please grab yourself a meal and find a quiet place you can eat your meal for the next 15 minutes.