

Healthier Eating Simple Checklist

for Healthy Eating Guidelines

- Be hungry.
- Be ready to receive (not emotionally distracted). Don't confuse thirst and hunger. Drink room temperature water between meals to clarify this relationship.
- Eat really good nutrients for breakfast. Either a simple cereal or a green smoothie. Start out on track.
- Eat during daylight hours.
- Have a lovely, satisfying lunch.
- Notice the prana (life force) in your food. Don't be distracted.
- Pause and experience gratitude. Love your food and those who prepared it before it becomes your body.
- Chew your food. (*Drink your solids and chew your liquids*).
- Notice the tastes... the flavors... and how they change as they mix with your physiology.
- If you tend to overeat... focus on getting full with more senses than just your tongue. Or eat a big green salad using orange juice for dressing, with no fat.
- Fast on water between meals.
- Eat just as much and as frequently as your body needs. Be honest. (As a guidelines, Vatas eat 3-5 x day, Pittas eat 3 x day, Kaphas eat 1-2 x day)
- Chillax after eating. After a big meal, rest for 15 minutes, then walk.
- Eat a light dinner, leaving time to digest before rest.
- Learn about your constitution. Eat for your individual needs.
- Eat your ecosystem.



The outer ecosystem is becoming your inner ecosystem — your body. Simply honor what is happening and the intelligence of the process with refine itself through you.