

# Healthier Eating Checklist

Check off one or two you want to integrate next.

Be hungry.

Be ready to receive (not emotionally distracted). Don't confuse thirst and hunger.

Drink room temperature water between meals to clarify your hunger.

Eat 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

If you tend to overeat... focus on getting full with more senses than just your tongue. Also, fill over half your plate raw or lightly cooked green vegetables to enhance your chew per calorie ratio.

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.

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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 becomes your inner ecosystem — your body. Honor this and open the gateway to higher intelligence.

