

Mindful Eating Calendar

January

Start your morning with at least 2 sun salutations. Set an intention for the day to eat mindfully.

February

Every morning, be grateful for your body. Tell yourself outloud, something you love about your body.

March

Before you eat anything in the morning, have a glass of lemon or ginger water or herbal tea.

April

Take a look through your cupboards. Is there anything that is not serving you? Say goodbye to food that does not love you back.

May

Eat at least 2 cups of greens each day.

June

Focus on meal planning and meal prep on Sundays. Set yourself up for a healthy week.

July

Do you really need all your snacks? Is it hunger, or could you replace with a walk outside or a chat with a friend?

August

Try to spend at least 30 minutes each day outside. Aim for more.

September

If you are having desserts and treats this month, be sure you are enjoying them with friends, not alone.

October

Plan some non-food related self-care at least once each week.

November

End the day with a mantra “I will feed the light within me”.

December

Before you eat, ask yourself “How will this food make me feel?” Eat foods that fuel your body, mind and spirit.