

# Recipe For

## Healthy and Mindful Eating

Master Chef Mantra: Food is fuel; better food, better mood!

### Directions

- Plan and Prepare - make a meal plan for the week ahead
- Focus on how food makes you feel - what foods leave you feeling energized?
- Drink plenty of water - water is critical for digestion and keeping out toxins
- Eat the rainbow - how many different colored foods can you pack onto your plate?
- Be mindful - eat slowly and really enjoy all the flavors in your food
- Treat yourself - allow yourself treats in moderation!

