

FOOD FREEDOM 3-STEP PLAN

STEP 1: RESET YOUR HEALTH, HABITS & RELATIONSHIP WITH FOOD

- Completely eliminate foods that may have a negative impact, and note what changes
- Reintroduce foods carefully and systematically, and note what changes

STEP 2: ENJOY YOUR FOOD FREEDOM

- Make conscious, deliberate decisions to eat less-healthy foods - Is it worth it?
- Eat only as much as you need to satisfy the experience
- Savor thoughtfully, without guilt, shame or remorse
- Return to normal, healthy habits



STEP 3: WHEN YOU'RE STARTING TO SLIP GO TO STEP 1

- Watch out for the "slow slide" - falling back into old habits
- Beware of common triggers, e.g., vacations, holidays, stress
- Commit to honesty and self-awareness

IS IT WORTH IT?

You know the food will probably have negative physical or psychological consequences, but YOU decide it is so special, enjoyable or significant that you choose to eat it anyway and accept the consequences.

ASK YOURSELF:

- Is the taste or experience worth the potential negative consequences?
- How will consuming this impact me physically, emotionally, or mentally?
- Is there a "less bad" alternative that will satisfy me just as much?
- Do I need to consume anything to enjoy the experience?
- Do I really want it?

Food Freedom - Life After Whole30

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