

Simpler Eating



Mindset Fuel: Quotes for a new way of eating

Mantras. Affirmations. True beliefs. New thoughts. Reminders. Whatever you want to call them, statements like these can be used as fuel for your mindset when committing to new way of eating. Some are playful, some are blunt. Take what serves you and resonates best.

SELF-LOVE

- Every time you eat is an opportunity to nourish your body
- Eating well is a form of self respect
- Take care of your body, it's the only place you have to live
- Whatever it takes, you are worth it
- My body is powerful. My body is strong. It is more capable than I know
- It's okay to say no, thank you
- Making mistakes & learning from them is a part of life

TOUGH LOVE

- When you feel like quitting, remember why you started
- If you don't make time for your wellness, you will have to make time for your illness
- Make an effort, not an excuse
- Eating lousy food isn't a reward, it's a punishment
- "You either get bitter or you get better. It's that simple. You either take what has been dealt to you and allow it to make you a better person, or you allow it to tear you down. The choice does not belong to fate, it belongs to you". – *Josh Shipp*
- This is anything but easy but you are anything but weak

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PURPOSE OF FOOD

- Don't live to eat, eat to live
- My favorite foods are the ones that heal me
- You gotta nourish to flourish
- A healthy outside starts with a healthy inside
- Food is not just calories, it's information. It contains messages that communicate to every cell in the body
- When you nurture your body, it reciprocates

RULE OF THUMB

- Eat less from a box and more from the earth
- Eat less sugar. You're sweet enough already
- If you can't pronounce it, don't eat it
- Remember, when your body is hungry it is craving nutrients not calories
- To eat is a necessity, to eat intelligently is an art

HOLISTIC

- I make my health a priority
- Feeding your body good things includes feeding your mind good things
- Good health is the best wealth
- Healthiness is happiness
- I make responsible choices about my health

HOPE

- The best view comes after the hardest climb
- Today, I choose to make lemonade
- I choose to focus on what I can do, not what I can't do
- Tomorrow is a new day
- "Acceptance doesn't mean resignation; it means understanding that something is what it is and that there's got to be a way through it."—*Michael J. Fox*