



Diana Murphy Coaching, LLC

Mindful Health & Wellness for Top Performers

Fuel Test and Savor

FUEL TEST DIFFERENT FOODS

Does this food....

- ❖ Give me energy?
- ❖ Sustain me for more than 2-3 hours?
- ❖ Is it easy to stop eating at +2 on the Hunger Scale?

If you answer YES to these questions then this food is a Fuel for you.

Start making a list of go to Fuel foods, make sure these are ALWAYS on your shopping list going forward. Fuel eating begets fuel eating, get started with your favorites now.

SAVOR JOY FOOD

We are not going to eat Fuel 100% of the time. Good news, yes? In fact, it is important to incorporate Joy foods in our diet. The best way to be successful with permanent weight loss is to learn to incorporate Joy foods into our diet on a regular basis.

With foods that you KNOW are not Fuel for you follow these guidelines:

- ❖ When you get a craving for a particular non-Fuel food, do not eat it in that moment. Just know that you CAN have it, if you plan for it.
- ❖ Give yourself at least 24 hours and make a plan to purchase, prepare or

to dine out to enjoy this particular Joy Food for you.

- ❖ It's not imperative to be hungry to eat this Joy food, but it sure tastes amazing when we are hungry.
- ❖ Enjoy EVERY bite
- ❖ Eat slowly and savor it, note the taste, texture & smell. YUM!!!
- ❖ What are you noticing?