

This food will nourish me



*I am grateful for my healthy,
beautiful body*



*I can easily make a delicious,
nutritious meal*



I am healthy and slender



*Eat everything mindfully
and slowly,
appreciating every bite*



I love and respect my body



*I am so grateful to be choosing
food that supports my
best health*



*I am learning new things
that heal my body
one step at a time*



This food is healing me

