

# **Mindful Eating 101: A Quick Start Guide**

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# why it matters.

If you've ever felt regretful after a meal, snacked when you weren't hungry, or cut calories when your body really wanted food a.k.a. dieted, you have experienced "mindless" eating. This mindless approach can have serious health and emotional consequences. But making a change can be difficult, especially during high stress and emotional times. So how do you flip the script from mindless to mindful? Use these 5 resources to jumpstart a new approach - physical and mental - to eating and find your version of "healthy" one mindful habit at a time, without dieting!



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## Resource 1

# 5 Principles of Intuitive Eating

These principles will serve as tools to help you shift from eating “mindlessly” (i.e. eating when our emotions tell us to, multitasking while eating, plunging into diet mode, etc.) to eating mindfully and with purpose.

Starting small with just one of these principles can help you transform your relationship with food and the relationship with yourself. These principles will encourage you to find an eating style that makes you feel good and strong in your own body - and find your unique eating style at a sustainable pace.

**[Click here to download the PDF >](#)**

## Resource 2

# Guided Meditation to Feel Healthier

Tap into the core of mindfulness through meditation and engage with your intuition. Meditation is a powerful tool to retrain your mind and shift your perspective towards food. In this 10-minute guided meditation, you'll journey to a time in your life when you felt healthy, well and happy. From this place of remembering, you'll plant the seed of good health and healthier eating habits.

[Click here to listen to the meditation >](#)

## Resource 3

# Fooducate: Food and Mood Journal

Food and mood journals are powerful in providing insight around how you feel before and after meals. It can be an awesome tool to help you take a closer look at your relationship with food, determine how certain things make you feel, and figure out what steps you can take to reach your health goals. I recommend the free app Fooducate which has a mood journal built in and comes with daily tips, a newsletter, and articles on a variety of nutrition topics.

**[Click here to get started with your food journal >](#)**

## 20 Healthy Snack Ideas

Who says you can't snack and be mindful too!? The key to healthy snacking is to find foods that have as much nutritional value as possible and that will fill you up so you aren't hungry again a short time later. This PDF contains healthy snack ideas and mindful tips to consider when you're choosing which foods will leave you energized AND satisfied.

[Click here to start snacking mindfully >](#)

## Resource 5

# The Center for Mindful Eating

Looking for additional resources? The Center for Mindful Eating (TCME) is a member-supported, nonprofit international organization. Their mission is to help people achieve a balanced, respectful, healthy and joyful relationship with food and eating. TCME provides resources for educating professionals, institutions, and individuals in the principles and practices of mindful eating.

**[Click here for additional mindful eating resources >](#)**



# the time is now.

Want to eat better, feel confident in your body and build mindfulness habits in a structured format that will keep you accountable? My upcoming virtual group coaching program will give you the education, tools and community to jumpstart your journey and feel your best in just *four* weeks!

Join the waitlist for the next group program below!

[SIGN UP FOR EARLY ACCESS TO GROUP COACHING](#)