

# Imperfect Eating Intro

Systems for Self-Care ♥

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I am so sick of feeling:

Stuck Self. I am so sick of being this person:

I'd like to start feeling:

Aspirational Identity. I'd like to be this person:

That type of person does this habit CONSISTENTLY:

Boundaries I need to set and people I need to teach these boundaries to:

My super easy steps:

- 1.
- 2.
- 3.

P1: Plants How much? At least a fist, especially veggies.	P2: Protein How much? Your palm size.	P3: Processed and Fun Foods How much? Just enough to make the meal satisfying.	P4: Plenty of Water How much? Take body weight, divide by 2. Drink that many ounces over your day.	P5: Plate It! Sit down with your plate of food at a table and eat without distraction.
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My Meals Today:

Breakfast:

Lunch:

Small Snack:

Dinner:

Single Serving Dessert:

YAY. I got these things done today: