



— PURE —

Whole-Food & Plant-Based Support



Workbook

Module Two

Preparing Food



How do you currently prefer to prepare your food?

Choose a vegetable for each of the preparation methods talked about this week and plan to try each of them this week.

Preparation Method	Vegetable Choice

Movement



How much cardio activity do you currently get each week?

What can you do each week to increase your activity, whether it be cardio or simple movement.

Eating Mindfulness



How do you currently eat your meals? In front of the TV, at the table, or somewhere else?

Do you eat quickly or do you take time to savor the food?

What is one thing you can do to improve your eating mindfulness?

Eating Mindfulness



Do you eat when you feel hungry? Do you stop eating when you are full?

Do you feel sluggish after eating a meal or do you feel something else?

Do you plan your meals each week or do you tend to decide last minute?

Eating Mindfulness



Do you prepare your meals for work or do you eat out for lunch?

What is one thing you can do this week to improve your eating mindfulness?
