



# Mindful Eating Challenge

Week 2

## Cut it Out!

### What

This week you will be eliminating at least one food item or habit from your eating pattern that is not serving you well. Maybe you reach for a pop every day out of habit. Maybe you eat fast food every week. Perhaps you stop by that candy dish too often. Whatever it is, this week you will remove it and take note of how you feel. If you choose to reintroduce the item or habit after the week is over, be mindful of how your mood and body feel afterwards.

\*Please note, if you choose to eliminate caffeine, choose to do so mindfully (see article below in Resources). Caffeine is a stimulant and you may experience withdrawal side effects for a short time. But the benefits of being caffeine free can be many, including having lower blood pressure, less anxiety and better sleep.

### How long

Remove the item or habit and maintain it throughout the rest of the week for 5-7 days.

### Why

Sometimes we are just so used to eating the same thing (or eating the same way) over and over we don't realize the effect of not doing it unless we stop it for a period of time. Give your system a break and see how it feels. You might be surprised to find your body to be much happier. Listen to your body...what does it need? What doesn't it need? Often, if we would be still and listen, it would be telling us what we need to know.

### Resources

- 25 Steps Towards a Healthier Diet: <http://www.healthcentral.com/diet-exercise/fitness-tips-45915-131.html>
- Removing caffeine from your diet: <http://www.livestrong.com/article/228296-how-to-remove-caffeine-from-my-diet/>
- Reducing sugar from your diet: <http://www.livestrong.com/article/228635-lose-weight-by-reducing-sugar-intake/>