1. Do you want something crunchy or smooth?

## 5 Steps to <br> Honoring Your

## Cravings

## 2. Do you want something hot or cold?



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## 3. What aroma sparks your interest?



## 4. Would you like something <br> colorful or plain and bland looking?


5. Do you prefer salty or sweet flavors?


JESSICA DEAN NUTRITION

