

5 DAYS
TO
FOOD FREEDOM
WORKBOOK

HOW TO LET GO OF 'FOOD
RULES' AND ADD JOY TO
EATING!

JESSICA
DEAN
NUTRITION

Food Freedom

5 DAYS TO FOOD FREEDOM DAY ONE

- 01** Introduction
- 02 Define Your Eating Style
- 03 Taking Steps to Awareness
- 04 Re-Wiring the Old Beliefs
- 05 Writing Your New Beliefs
- 06 Do the Hard Work Challenge



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INTRODUCTION

Your well intended pursuit to be healthy has been hijacked!

We no longer know how to eat. We feel guilty when we enjoy food and shameful if we eat something "bad". Intuitive Eating can help you eliminate feelings of shame and guilt and eat in peace.

So, what is Intuitive Eating? Intuitive Eating is a mind-body approach to nourishing yourself. It requires you to listen to your body and learn how to respond to what it's asking for. It's the complete opposite of what FAD diets and society tells you.

Each principle of Intuitive Eating helps you challenge your old food beliefs and re-build an unshakable trust in your body. Basically, Intuitive Eating puts you in the driver's seat of your life.

NO DIET WILL EVER KNOW HOW MUCH FOOD YOU NEED!

Think about it...

Since you were young you've been influenced by societal and generational expectations. How you should eat and how you should look are typically past down to you.

"Being healthy" doesn't equal weighing less!



BREAKING DOWN DIET CULTURE

Let's talk about Diet Culture.

Way do you think the diet industry is a 60 billion dollar business?

It's not because diets work!

Ahh NOPE.

Can you imagine a doctor prescribing a medication that only works for a short period of time and then makes you worse?

- Would you continue to take the prescription?
- Would you blame yourself for the medication not working?

Probably NOT!

Well, this what diets and food rules do. When your diet doesn't work, you feel like it's YOUR FAULT and if you were more disciplined the diet would have worked.

It's not your fault!

You are a victim of diet culture. The diet industry is packed with lies. Food rules, 30 day Challenges and any other diet (including Noom) are flawed.

You are not flawed.

Your pursuit of "controlling your weight" perpetuates weight bias and stigma and keeps you stuck.

What would happen if you shifted your focus from weight to health?

Are you ready to find peace with food?



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WHY DIETS AND FOOD RULES DON'T WORK

Diet and Food Rules = Famine

When you're on a diet, your body has no idea what the heck is going on.
Your body doesn't know that your mission is weight loss.

Did you know?

Your body's main job is to KEEP YOU ALIVE!

It will do ANYTHING it has to do to accomplish that mission.

Take a few minutes to WATCH this incredible
[TED Talk on Why Dieting Doesn't Usually Work by Sandra Aamodt](#)



When there isn't sufficient energy available your body will burn whatever it can in order to produce what it needs to survive.

Essentially, you are burning your house down when you are undernourished!

The body will start to burn your hard earned lean muscle!
Not good!



Food Freedom

5 DAYS TO FOOD FREEDOM DAY TWO

- 01 Introduction
- 02 Define Your Eating Style**
- 03 Taking Steps to Awareness
- 04 Define the Old Beliefs
- 05 Writing Your New Beliefs
- 06 Do the Hard Work Challenge



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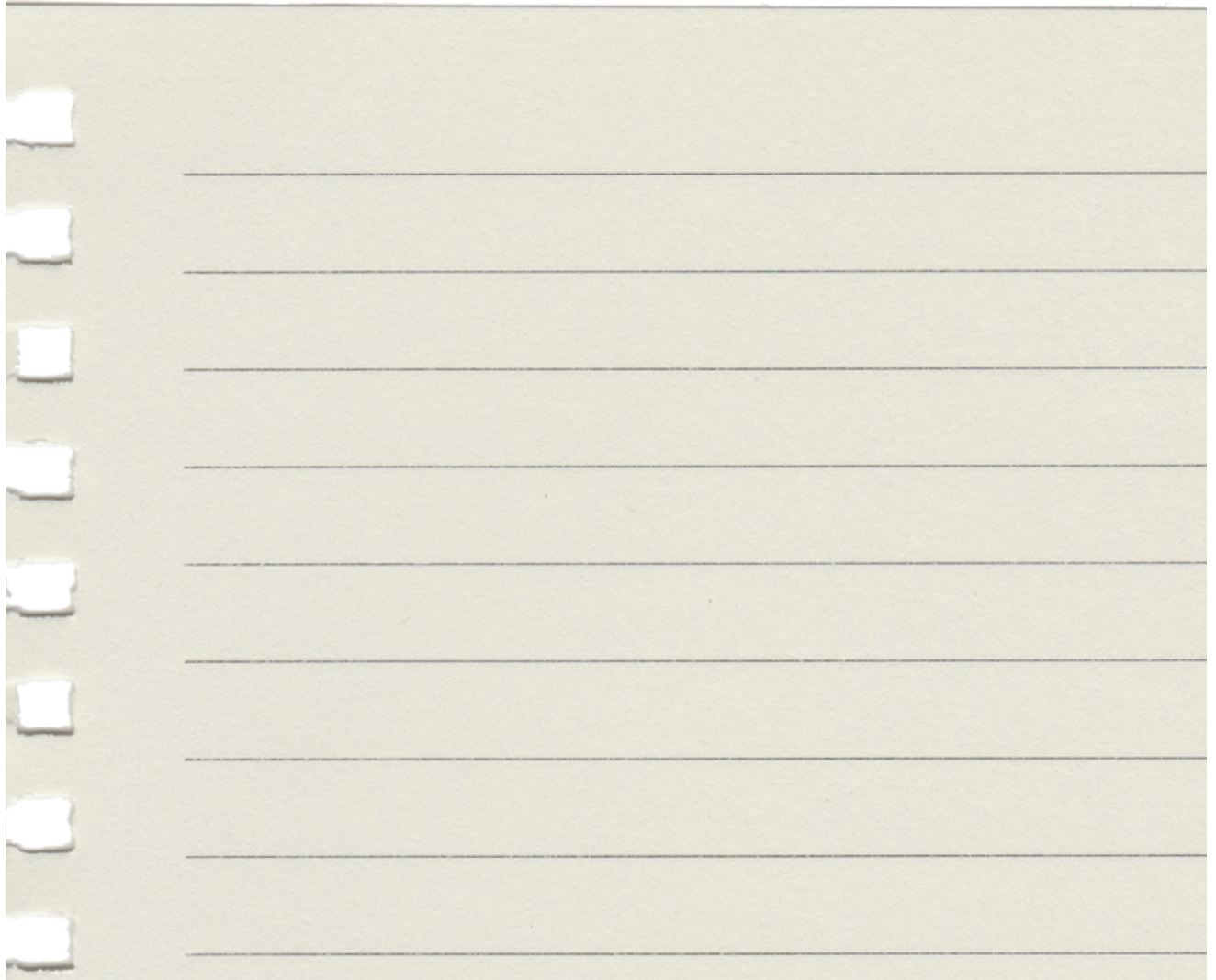
DAY ONE REFLECTION

BEFORE WE GET STARTED WITH DAY TWO

What did you think about Sandra Aamodt Ted Talk?

Did it make you think twice about "controlling" your weight?

Take a second to journal below about your thoughts on the Ted talk.

A sheet of lined paper with a spiral binding on the left side, intended for journaling. The paper is cream-colored with horizontal lines. The spiral binding is visible on the left edge.

IDENTIFY YOUR EATING STYLE

Answer YES OR NO to each question below:

Section 1: Unconditional Permission to Eat

1. I try to avoid certain foods high in fat, carbs, and/or calories
2. If I am craving a certain food, I don't allow myself to have it
3. I feel mad at myself for eating something unhealthy
4. I have forbidden foods that I don't allow myself to eat
5. I don't allow myself to eat what food I desire at the moment
6. I follow eating rules or diet plans that dictate what, when, and/or how to eat

Section 2: Eating For Physical Rather Than Emotional Reasons

1. I find myself eating when I'm feeling emotional (anxious, sad, depressed) even when I'm not physically hungry
2. I find myself eating when I am lonely, even when I'm not physically hungry.
3. I use food to help me sooth my negative emotions
4. I find myself eating when I am stressed out even when I'm not physically hungry.
5. hungry.
6. I am able to cope with my negative emotions (i.e. anxiety, and sadness)
7. without turning to food for comfort
8. When I am bored, I eat just for something to do
9. When I am lonely, I turn to food for comfort
10. I have difficulty finding ways to cope with stress and anxiety, other than by eating

Section 3: Reliance on Internal Hunger/Satiety Cues (trust)

1. I trust my body to tell me when to eat
2. I trust my body to tell me what to eat
3. I trust my body to tell me how much to eat
4. I rely on my hunger signals to tell me when to eat
5. I rely on my fullness (satiety) signals to tell me when to stop eating
6. I trust my body when to stop eating

Section 4: Body Food Choice Congruence

1. Most of the time, I desire to eat nutritious foods
2. I mostly eat foods that make my body perform efficiently (well).
3. I mostly eat foods that give my body energy and stamina

Resource

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HOMEWORK



First:

Define Your Relationship with Food

How do you want your relationship with food to look like? Peaceful? Guilt-free?

How are your current eating styles limiting your experience in the world? Do your rules interfere with what's important to you such as spending time with friends and family?

What would your day look like if you didn't have food rules? What would your day look like? Would you be more joyful?

Second:

Define Your Eating Style

Complete the Eating Style Handout

JOURNALING

How do you want your relationship with food to be like?

How are your current food beliefs limiting your experience in the world, with friends, on vacations, etc.?

What would your day look like if you didnt have any food rules?

How would you experience your day? Would it include more joy? less stress?

What are your worries about not having food rules?

“Self-compassion is simply giving the same kindness to ourselves that we would give to others.”

—Christopher Germer,

5 DAYS TO FOOD FREEDOM

DAY THREE

- 01 Introduction
- 02 Define Your Eating Style
- 03 Taking Steps to Awareness**
- 04 Define Your Old Beliefs
- 05 Writing Your New Beliefs
- 06 Do the Hard Work Challenge

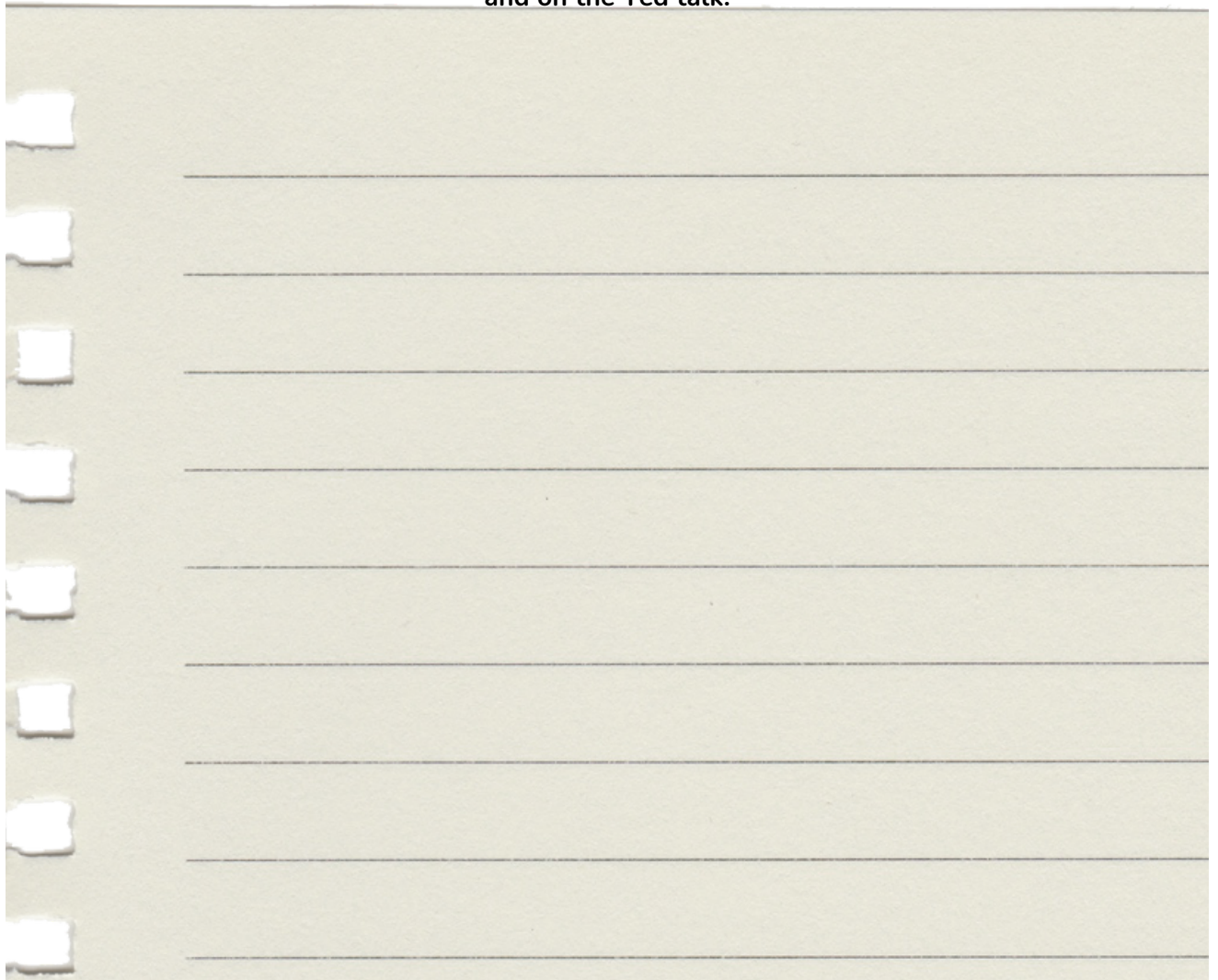


DAY TWO REFLECTION

**BEFORE WE GET STARTED WITH DAY THREE, WHAT WAS THE OUTCOME OF
THE EATING STYLE HANDOUT?**

The Eating Style handout identifies what area(s) you may have STRONG food and body beliefs. Many of the body and food beliefs are inherited from family, friends, and/or society. They are NOT your beliefs!

Take a second to journal below about your thoughts on your Eating Style handout results and on the Ted talk.

A sheet of lined paper with a spiral binding on the left side, intended for journaling. The paper is cream-colored with horizontal lines. The spiral binding is visible on the left edge.

TAKING STEPS TO AWARENESS



AWARENESS IS KEY TO CHANGE!

Today we are going to explore the food beliefs that keep you stuck.

Explore the statements and assess which "tools" you use.

- Notice when and where your food tools are popping up during the day.
- Notice how magazines, friends, TV and social media influences how you see and feel about your body.
- Notice how these tools affect the way you feel about yourself.

The goal for today is to bring AWARENESS to the moments you are "listening" to these food rules when making a choices.



CHECK FOR FOOD RULES

Do any of statements below sound familiar?

I collect low-calorie recipes to help lose weight

I save books and websites on various diets and dieting plans

I do not allow myself to drink beverages that have calories

I choose physical activities and exercise based on the amount of calories it burns

I weigh myself frequently

I will not let myself eat a particular snack if it exceeds a certain number of calories or points

I avoid eating foods that contain sugar

I avoid eating foods that contain sugar

I avoid eating foods that are high in carbohydrates such as bread, cereal and pasta

When I eat out at restaurants, I choose entrees that have a lower calorie or points

I will not let myself eat a particular meal if it exceeds a certain number of calories or points

I count calories or points and try not to exceed a daily total of -----calories

I will not let myself eat a particular snack if it exceeds a certain number of calories or points

I avoid eating foods that contain fat

I google articles on new diet plans and how to lose weight

I measure my food to be sure I am not eating too many calories

I count the exact amount of food I need to eat (such as nuts or crackers), in order to be sure that I don't eat more than one serving or portion size.

If I think I ate too much food, I will compensate by exercising more.



HOMEWORK

Many times we are unaware of all the rules we try to follow.
What were some of the food rule and food rules that you checked off above?
Would you have considered it a "diet" tool before today?
How many times today did you notice these "rules" popping up?

A sheet of light-colored, lined paper with a torn left edge, intended for writing answers to the homework questions. The paper has horizontal lines and is positioned below the text box.

5 DAYS TO FOOD FREEDOM

DAY FOUR

- 01 Introduction
- 02 Define Your Eating Style
- 03 Taking Steps to Awareness
- 04 Define Your Old Beliefs**
- 05 Writing Your New Beliefs
- 06 Do the Hard Work Challenge



DAY THREE REFLECTION

Yesterday we talked about becoming aware of your food rules.

Many of your food rules may have seemed so innocent but clearly now you can see how they dictate more than just your experience with food.

If a food rule is interfering with the way you experience life, your friends, vacation, dinner out THEN are they making your life better? or are they TAKING AWAY from your life experience?

Just a reminder...

Food is meant to be enjoyed. Not anxious.

Food is meant to be guilt-free. Not guilty.

Food is meant to be nourishing. Not making us nervous.

Food is meant to be fun. Not feared

Food is meant to be satisfying. Not shameful



UN-LEARN YOUR FOOD RULES

LET'S EXPLORE YOUR THOUGHTS

Be curious today. You can't change what you're not aware of!

Who-What-Where-When-How

Who is around when you're feeling most critical about your food choices?

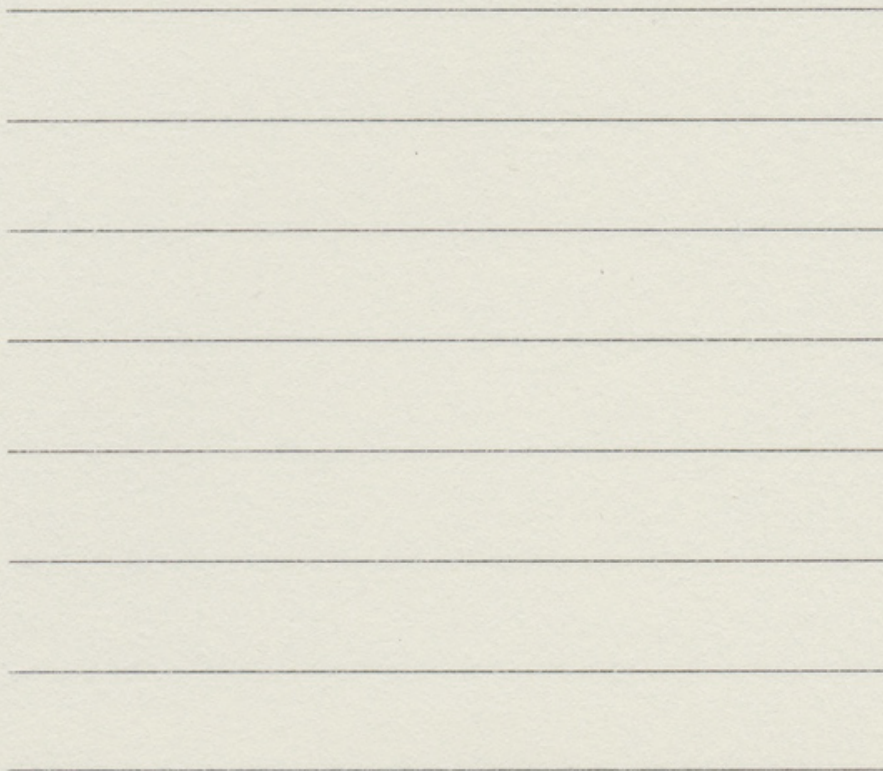
What is happening when you are most critical about your food choices?

Where do your food rules come from? family? friends? internet? past diets?

When do you notice the food rules? at home? at work? with certain friends?

How often do food rule thoughts pop up during the day?

JOURNAL BELOW ANY PATTERNS YOU NOTICE AND HOW OFTEN THESE THOUGHTS POP UP.



A series of horizontal lines for journaling, with a torn paper edge on the left side.

HOMEWORK

3 Steps to Unlearn Your Old Beliefs

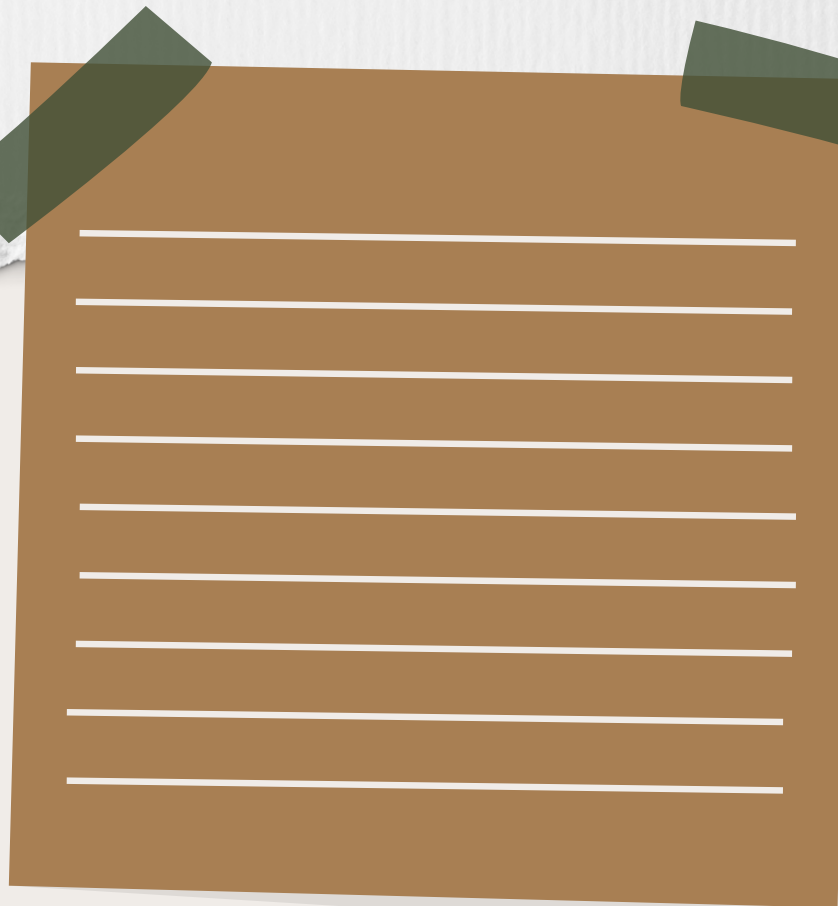
1. Be curious about the thoughts throughout the day
2. Acknowledge the thoughts WITHOUT judgment.

"Hmm, there's that thought again"

3. Label the thought as "diet mentality or a food rule.

"That's a learned thought or food rule. That's not MY own thought"

On the post-it below write out a thought that you had today that you were able to LABEL as diet mentality or a food rule.



A brown rectangular post-it note is centered on the page. It has ten horizontal white lines for writing. Two green adhesive tabs are attached to the top corners of the note, holding it in place against the white background.

You Can't Rush Good Thing!

Approach each day with curiosity and compassion

5 DAYS TO FOOD FREEDOM

DAY FIVE

- 01 Introduction
- 02 Define Your Eating Style
- 03 Taking Steps to Awareness
- 04 Define the Old Beliefs
- 05 Writing the New Beliefs**
- 06 Do the Hard Work Challenge





REFLECTION

Yesterday we talked about:

PATTERNS AND FREQUENCY OF OUR FOOD RULES.

- Did you have a food rule that popped up throughout the day?
- When the food rule popped up, were you able to allow it to just be just a thought?
- Were you able to acknowledge the food rule WITHOUT judgment?
- Were you able to label the thought as “diet mentality or not true?”
- Did you challenge the food rule? Does the food rule even make sense?



WRITING THE NEW BELIEFS

Don't be tricked!

Some diets can be like a wolf in sheep's clothing. Some examples include:

Weight Watchers

Jenny Craig

Whole 30

Paleo

Noon

Are DIETS!!!!

Many times we are unaware of all the rules we put on ourselves.

Can you think of a rule that may be considered a "diet" or food rule?

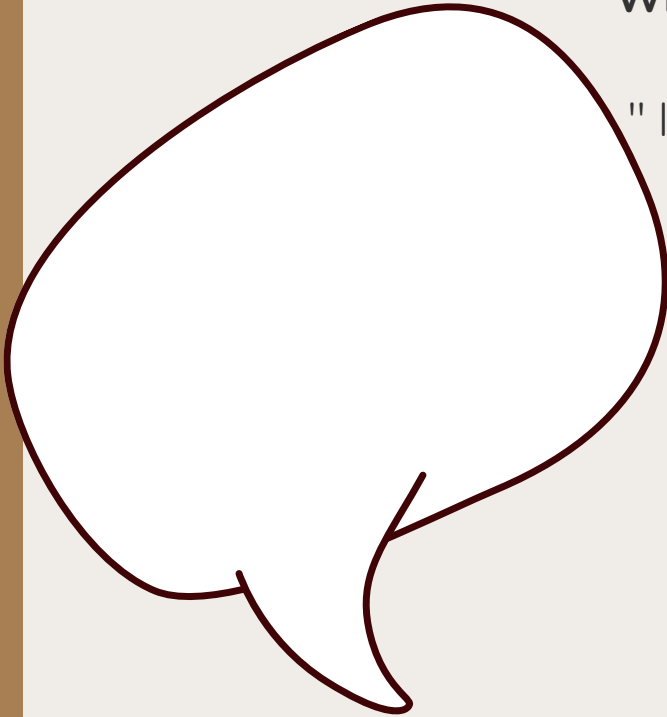
HOMework

What 'food rule' do you want to work on?

Example:

"I choose the lowest calorie food item on the menu."

Write it the thought bubbles.



Ready to let it go?

Re-write the food rule in the thought bubble.

"I will choose an entrée that would be satisfying regardless of calories"

5 DAYS NO FOOD RULES NEXT STEPS

- 01 Introduction
- 02 Define Your Eating Style
- 03 Taking Steps to Awareness
- 04 Define the Old Beliefs
- 05 Writing the New Beliefs
- 06 Do the Hard Work Challenge**



REFLECTION

Are you ready to find peace with food?

Over the past 5 days were you able to be more aware of your
"diety" food rules?


What would your day look like if you didn't have food rules?

What were some of the food rules that you noticed?

Where you able to challenge any of your food rules?

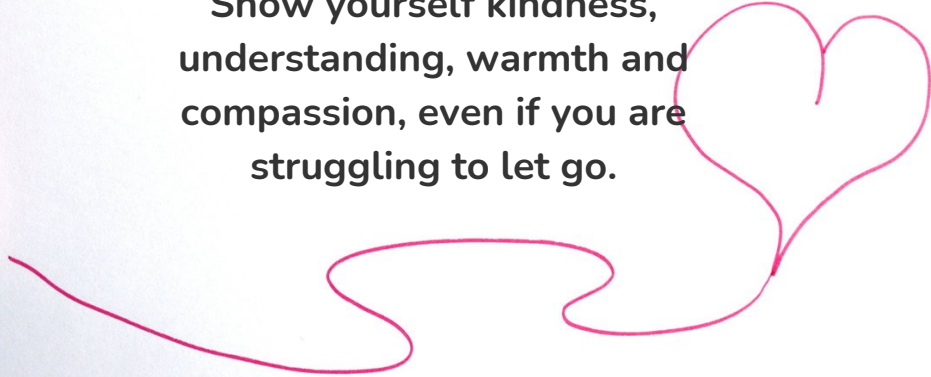
What thoughts around food are you NOW more aware of?

WHY SELF COMPASSION?!



Allow yourself to navigate,
this sometimes difficult road,
to food peace with grace and
courage.

Show yourself kindness,
understanding, warmth and
compassion, even if you are
struggling to let go.



READY TO LIVE WITHOUT FOOD RULES?

Follow the 5 step sprocess below:

- Set an intension to notice your food rules through out the day. It may feel like you are hyper focused on food. Awareness is KEY!
- Be curious about where you first learned the food rule. Most of our thoughts around food are learned from friends, family and society.
- Label any food rule as Diet Culture to make it clear that it is a RULE.
- Challenge the 'truth' behind the food rule. Is it true
- What would you like your thoughts to be instead? Would you like to enjoy your foods without guilt?

Repeat with each food rule until you have
NO MORE FOOD RULES!

READY TO CONTINUE YOUR NON-DIET JOURNEY?

JOIN

The Nourished Blueprint

A 12 week workshop taking you from Confused to Confident.

Are you ready to find your authentic
health?

Click [here](#) to learn more about us!

“

After numerous cycles of restricting for a challenge and then “falling off the wagon”, The Intuitive Eating Program was a refreshing and welcome change. I feel that I now have the tools to have a healthy and balanced relationship with both food and exercise. Learning to enjoy food, move with joy and ditch the guilt is possible. I would highly recommend the program to anyone and I guarantee you will take something away from it that will change your life for the better.” EP

”



*Jessica Dean Nutrition
a Non-Diet, Weight Inclusive
Nutrition practice*

www.JessicaDeanNutrition.com