

Three-Bites to Being Full and Satisfied™

Worksheet for your Personalized Three Bites Eating Plan™

Understanding what being full *and* satisfied is to you means you get to enjoy the foods you really want to eat without giving in to excess, denial, or guilt.

Today, I have the chance to enjoy these eating experiences _____
(list the meals, parties, or any place where food is available and you have the opportunity to eat)

I choose to use my Three Bites Eating Plan™ to fully enjoy each eating experience without guilt or regret.

I know I am *Full* when _____ (describe what feeling full means for you)

I am *Satisfied* when _____ (describe what satisfies you (emotionally) about each eating experience)

I love it when I feel _____

When I feel this way it makes it easier for me to _____

In this moment My Food Categories are: (*Circle what you and your body is hungry for*)

Salty	Sweet	Savory	Creamy/Hot
Salty/Crunchy	Sweet/Confection	Chewy	Creamy/Cold
Yeasty (bread)	Sweet/Natural	Starchy	Doughy/Sweet
Meaty/Hearty	Thick/Warm/Soupy	Clean/Healthy	Spicy
_____	_____	_____	_____
(add your category)	(add your category)	(add your category)	(add your category)

In this moment My Food Priorities are: (*Circle what your body needs*)

Healthy eating	high protein	low carb	low fat
low calorie	weight loss	vitamins/minerals	fuel
weight maintenance	energy	cleansing	hydration
_____	_____	_____	_____
(add your priority)	(add your priority)	(add your priority)	(add your priority)

Knowing this I can responsibly act and choose to enjoy my three bites (*record your three bites here:*)

Look at what you are about to eat! Ask “is this appealing?” What taste are you anticipating?

Bite #1 – A small bite to wake up the palate. What do you want to pay attention to in the next bite?

Bite #2 – A small bite, no bigger than center of your tongue. Chew slowly.

Is this the taste you anticipated? What are you enjoying? Do you want a third bite?

Bite #3 – Another small bite to enjoy (not overwhelm). A bite for your complete attention.

Ask: Can I be done? (not “am I done?”) Choose to enjoy another *Third Bite*, move on, or be done.

*Remember to enjoy a refreshing drink between each bite.

Your *Three Bites Eating Plan*™ Worksheet courtesy of
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