

Challenge

EATING BARRIERS

The challenge is to reflect on and identify your top 3 barriers to not eating enough and/or regularly.

It's critical that you know the multi-faceted reasons why consistent eating feels hard for you, so you can begin supporting yourself where it matters most. This is especially important if you're short on time and feeling overwhelmed by food choices.

You need to know where is most helpful to use your energy.

What are your top 3 barriers to not eating enough and/or regularly? Which solutions most speak to you?

On the following page, there's a list of barriers on the left and a list of solutions on the right. You can mix and match to explore what solutions will work for you based on the barrier you're experiencing.

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**THE "WHAT TO EAT WHEN
I HAVE NO TIME AND
I'M OVER IT!"**

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| BARRIERS | SOLUTIONS |
|--|---|
| not enough time | having the ingredients for your go-to meals and snacks |
| don't feel hungry | pre-prepared or grab and go foods |
| distracted and not paying attention to hunger cues | embracing non-diet nutrition foundations to build meals |
| overwhelmed | unpacking your body image |
| worry about gaining weight | embracing food permission |
| don't know what to eat | throwing out ideals and meeting your needs now |



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