

THE OFFICIAL COMPANION GUIDE

Savor



**Your Roadmap to Relaxing About Food
and Eating Healthy Happily**

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THE SAVOR COMPANION GUIDE

A Workbook for Shifting Your Relationship With Food

Chances are you've been eating, dining, or thinking about food the same way for a long time. Changing that is a giant step toward a new approach. It takes curiosity, honesty and guts. Yes, guts! As you uncover what's at the core of your relationship with food, you're bound to discover a whole lot more.

Let's get started!

EXERCISES



- 1 The Diet-Identity Quiz
- 2 What's Your Food Fantasy?
- 3 Evaluate Your Diet-Identity
- 4 Don't Hold Back!
- 5 Your Vision Statement
- 6 Overcoming Setbacks

EXERCISE #1



THE DIET-IDENTITY QUIZ

Diet-identity is how we identify as eaters, it is who we are in our relationship with food. This quiz probes some common eating styles to see where you most identify. Once you know where you stand, you can uncover how you got there, and begin to consciously re-identify.

1. WHEN EATING...

- a. I always clear my plate.
- b. I make choices based on a specific diet plan paying attention to calories or nutrients.
- c. I'm careful and watch what I eat most of the week, but cheat on the weekends.
- d. Now I'm trying the _____ (insert your plan...Paleo, Vegan, Gluten free). Last year I tried _____.
- e. It depends on the day, sometimes I'm super healthy and sometimes I'm just not.
- f. I eat what I'm in the mood for and when I'm hungry. I make mostly healthy choices and feel good about it.

2. WHEN I'M OUT AT A DINNER WITH FRIENDS...

- a. I am not that opinionated and I'm okay to share what's ordered for the table.
- b. I make sure I order exactly what I want and tell the server my restrictions.
- c. I take a break from dieting and overindulge on things I don't usually eat like fries, nachos, and dessert.
- d. I adhere to the protocol of the diet I'm doing, often explaining how it works to my friends.
- e. I tend to go with the flow, if everyone gets a burger, I'm in, if it's a salad night I'd probably get one too.
- f. I may try some of the shared options but make sure to order something that fits in with my regular eating habits and that I'll enjoy.



THE DIET-IDENTITY QUIZ

3. WHEN EATING ALONE...

- a. I tend to prepare or order foods that were comforting from my childhood.
- b. I eat according to my diet plan.
- c. I love to sneak something decadent.
- d. I like to explore the latest thing I've heard about.
- e. I often just grab something from my refrigerator or stop in at the place on the corner.
- f. I prepare healthy satisfying meals.

4. I DON'T EAT CERTAIN FOODS BECAUSE...

- a. I have a negative connotation about them from another experience.
- b. They are on the "don't list" of my diet.
- c. I "had" to eat them as a child.
- d. I just read an article that it's bad for me.
- e. I'm not in the mood.
- f. I've tried them and don't like them or have found that they don't agree with me.

5. I GET REALLY EXCITED ABOUT CERTAIN FOODS BECAUSE...

- a. When I was younger it was my reward or comfort food.
- b. They are high in nutrients and low in calories.
- c. They are my guilty pleasure.
- d. I heard how they are so good for you.
- e. They satisfy my craving of the moment.
- f. I love the way they make me feel.

6. AFTER MEALS...

- a. I often feel full and tired.
- b. I have a routine that I follow such as taking a walk around the block, drink lemon water or tea.
- c. I love having dessert.
- d. It depends on the diet I'm doing. Currently, I've been _____ (examples, intermittent fasting, drinking chaga tea)
- e. I don't have a regular routine.
- f. I usually feel great and satisfied.



THE DIET-IDENTITY QUIZ

Go through your answers and count how many you have of each letter. The letter you have the most of represents your current relationship with food. The runner up is your alternative. None of us are exactly one or the other, but this should give you a sense of where you stand and what area to focus on first as you imagine your diet-identity.

MOSTLY ANSWERED "A":

Old Story

It seems like you may not have rebooted your eating habits in some time. You developed a style of eating that got you through childhood and pleased the people around you but you haven't stopped to determine if it actually pleases you. It may be time to reevaluate—instead of approaching your relationship with food the same way you always did, consider the why behind some of your choices and behaviors and determine which ones no longer serve you. What would life be like with a new approach designed to satisfy your adult self?

MOSTLY ANSWERED "B":

Prescriptive

You follow the rules. Your relationship with food is scripted by a diet someone else created. You're focused on calories and nutrients, you find this helps to maintain a desired weight, but you're not necessarily enjoying it or feeling satisfied. You may even be judgmental about certain foods or habits because you've been trained that they're bad. It's time to take inventory, how can you merge the parts of your diet that work for you with some new, more enjoyable tastes and perspectives? How can you take what you've learned and adapt it to your lifestyle?

MOSTLY ANSWERED "C":

Rebellious

You've adopted an attitude towards food that puts some in the doghouse—foods are forbidden or reserved for special occasions. You deprive yourself from having certain things you like because you've been taught that they're bad. The more prohibited an item is, the more you want it. When given the chance to taste the forbidden fruit, you overindulge and feel badly. What if you redefined those "guilty pleasures" and found a way to incorporate them into your life? No more sneaking around or pigging out, just the sweet taste of success.



THE DIET-IDENTITY QUIZ

MOSTLY ANSWERED "D":

Trendy

Just like your skinny jeans, your diet is of the moment. You move in and out of new diet fads adhering to the popular menu of the day. You've tried them all and tend to stick with an approach for a while, then as it peters out in the headlines so do you—on to the next! I'm sure you've found some aspects of different plans that work, why not take inventory to decipher your pros and cons to figure out how you most enjoy eating? You don't have to commit to a prescriptive diet. Forge ahead in your own style!

MOSTLY ANSWERED "E":

Lazy

You're easy going about what and how you eat, you consume what is served, have few restrictions and are happy to let others take the lead in ordering. You're a breeze at dinner parties and tend to eat what's in the house. Isn't it time that you make some choices? Start considering what you like and what makes you feel good? Why not take control over your relationship with food? It doesn't need to be strict or follow a regimen, but if you were to start making conscious decisions based on what feels good, you might find that you actually feel really great!

MOSTLY ANSWERED "F":

Intuitive

You seem to listen to yourself about what to eat. You've figured out what you like, what makes you feel good and what to avoid. You may have adopted some of your choices from prescriptive diets or outside influence, but you've taken what works and discarded the rest. You designed your relationship with food on your own terms. So, keep going, reconsider some of your "go-tos" and make sure you still choose them. What are some adjustments you might make? How can your relationship with food be even better to support this moment in your life?

EXERCISE #2



WHAT'S YOUR FOOD FANTASY?

All journeys need a starting point and a destination. So let's begin by determining where you want to go—a totally unrestricted fantasy of your ideal dining dream.

We'll get there through a meditation, so quiet your room and make sure you won't be disturbed for the next 15 minutes. Take a comfortable seat to read the next paragraph and questions, then close your eyes for five minutes imagining this scene in vivid detail.

You are sitting at the table with your favorite meal, happily enjoying delicious food. Envision your ideal scene, picture where you are and who you're with. Visualize the table, the placemat, silverware, and napkin. Imagine you are viewing this scene through a wide camera lens and then slowly zoom in on the details.

ASK YOURSELF:

- What does the room look like, are there fresh flowers? Dim lights?
- Is it noisy or is soothing music playing?
- What's on your plate? On the table?
- What are the colors, textures, temperatures, smells?
- How do you feel as you take the first bite?
- Is your mouth watering?
- Is it spicy, sweet, savory?
- What are you eating first, second?
- How are the foods combining?
- What part is your favorite?
- Are you sharing?
- Are there different courses?
- What are you drinking?
- Does this meal remind you of another experience?
- What is the conversation?
- What are you thinking about?
- How do you feel?
- What's the best part?
- How can it be even more delicious?



Experiences & Observations:

This image shows a full page of white paper with horizontal grey ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for handwriting practice or general writing. There are no margins, text, or other markings on the page.



WHAT IS YOUR FOOD FANTASY?

In a day or two go back to what you've written and mark the characteristics of this meal that jump out. What's most important? What makes it memorable? Those are the elements that you want to bring into your eating on a regular basis. Identify the top three.

Top 3 Characteristics

- 1) _____
- 2) _____
- 3) _____

For the next week, pay attention as you eat, record what you eat, the circumstances, and how it made you feel. Describe moments that you hit one of your top three. What was the setting? What were you eating? Who were you with? What can you do to replicate this again?

Were there any meals where you didn't hit your top three? What were those circumstances? What were you eating? Where were you? Who were you with? How can you avoid these situations?

I'm sure you can see where we are going with this. For now, just record your experiences.

EXERCISE #3



EVALUATE YOUR DIET-IDENTITY

How you incorporate food into your life is partially based on who you are and how you have lived. Some of those aspects are simply a result of where and who you grew up with and some are choices that you have made along the way. Let's start getting to the bottom of it.

In each category write down four experiences around food that are memorable—at least two positive and two negative. I've included some questions to jog your memory, use them as a guide.

CHILDHOOD EXPERIENCES

Was mealtime at your childhood table hectic, anxiety provoking, frustrating, or was it pleasant, comforting, nurturing? Did you have to negotiate with siblings to get your fair share or was there abundance? Were you free to eat as you liked or were there rules such as finishing your plate, eating your vegetables, no dessert, something else? What was your favorite or least favorite meal and why? List two positive childhood mealtime memories and two that you could have done without.



EVALUATE YOUR DIET-IDENTITY

Upbringing & Traditions

Were there foods particular to your family that were always prepared? Did you “have to” eat certain foods on certain occasions because of traditions? How did you feel about those foods or rituals? Were foods forbidden? How did your religion, heritage or geography impact what you ate growing up? How did that make you feel? What are two positive and two negative notions of food you equate with your unique family traditions?



Oysters and caviar conjure images of decadence, while drive through fast food brings on the opposite connotation. What are some experiences or feelings that you've had around choosing specific foods or staying away from them? How do you relate to different stereotypes of diet—do you hold vegetarians in high regard or are you a proud carnivore? When you order in a restaurant do you have a list of don'ts or are you open to the chef's vision? List two notions of food that you welcome into your life and two that you avoid.

[illegible]



These days, preparing meals can be cooking from scratch, takeout, or something in-between. What's your go to? How do you feed yourself on a regular basis and why? Do you order in because you're too tired to cook, don't think you know how, or it's not your thing? Or do you find pleasure in food preparation, chopping relaxes you, and you like the control? Write down how you prepare your meals and why. What parts do you like and dislike about it?

[illegible]



EVALUATE YOUR DIET-IDENTITY

Is there another category that you think is integral to your relationship with food? If so, write it down and explain why it's important for you. What are the pros and cons?

Look at your answers, what are two themes that seem to keep coming up? Are you happy with them? If not, what changes can you make to shift these notions about food?

DIET-IDENTITY THEMES

1.

2.

ALTERNATIVE ACTIONS

1.

2.

I am here to review this worksheet together. Just submit it, and we can set up a call to uncover the meaning behind your answers.

EXERCISE #4



DON'T HOLD BACK!

Have you ever had the experience when someone in your life infuriated you? Someone disappointed, raging with hurt and anger, but knew if you spoke your mind, no good would come of it. The argument would escalate, and you'd say something regretful. So, you sat down and wrote a letter—you spilled your guts out trying to put into words all that was burning inside. You didn't necessarily send the letter, but it helped to let go of all that anger and it provided a new perspective.

That's what this exercise is about—writing down all that frustrates you about your relationship with food and diet. It might seem like a stretch, but take this time to write a heated letter to food as though it is your disappointing or infuriating friend.

Start out, Dear Food, or Dear Diet and let it rip! What are you unsatisfied with about how your relationship stands? Express your frustration, guilt, and what you want to change. What are some specifics that are wrong? What would be right? Keep writing whatever comes to mind. Don't hold back!



This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



DON'T HOLD BACK!

After you have completed this letter, walk away, take a big stretch, and embrace that feeling of letting it all out. Wait a day or two, and then come back to it.

As you re-read your letter in a more relaxed frame of mind, highlight some of the top points. You might find that you are saying the same thing in different ways or that there's a single theme in your rant. Write down the top three or four takeaways paying specific attention to the language that you use.

1)

2)

3)

4)

Just like that letter you wrote to your disappointing friend, remember you wouldn't be so angry if you didn't care. You're not ending the relationship, you just want something different. On each point, ask yourself, how would I feel if I didn't feel this way? Or what can I change so that I don't feel this way? Write a new sentence with that new feeling. In some instances you may have trouble jumping from one extreme to another, so choose language that can help you get halfway there.

1)

2)

3)

4)

5)

EXERCISE #5



YOUR VISION STATEMENT

Take some time to look back at your answers from the past three worksheets. Consider the differences between your perfect meal and the top points that you made in your letter to food. Now you know where you are and where you want to go. What's one sentence that can sum up your ideal vision? Let's craft a vision statement that you can live by for the next few months.

Write it in the present tense and make it declarative, use action words, make it something you can experience every day, and make it brief. Consider your lifestyle, your personality, and your values. Do you dine out most nights or are you home, are you rigid or free flowing, what do you value most: consistency, variety, significance, connection, or something else? Your vision statement should make you feel good when you say it out loud.

SOME EXAMPLES:

"I eat in an ideal way for my body and way of life, listening to internal cues that lead me to nutritious, well-portioned meals and snacks."

"I enjoy eating two delicious meals a day that are mostly vegetables. I feel satisfied and energized so that I'm always ready to go."



YOUR VISION STATEMENT

Ask yourself why you want to live this vision. "Why" gives you purpose and holds you to it. It clarifies what makes this important to you. How will it enhance your life or those around you?

When you think about this new eating vision statement and the reasons you are adopting it, how does it make you feel? Repeat it to yourself and let your entire body be filled with the inspiration and joy you will feel conquering this area of your life.

Your Vision Statement

Once you are clear on your vision statement, write down the top three areas that you want to change and make these your personal eating goals.

Goal #1

Goal #2

Goal #3



YOUR VISION STATEMENT

YOUR GOALS

Double check that these goals are S.M.A.R.T. goals—specific, measurable, attainable, relevant, and time-based. Come up with three action steps for each one that you can start doing immediately and set a date within the next month to have completed your action steps and assess how you did.





Example:

WHY: To take control of what I am eating and increase my vegetable consumption. WHY? So that I have more energy for my children.

ACTION STEPS:

1. Plan days and meals for cooking on Sunday and mark it in my calendar
2. Shop for needed ingredients on Sunday
3. Prep meals and cook
4. At the end of the week consider how this worked out—the benefits, what did you enjoy about the process? What didn't you like? Did you discover some other reasons why this is beneficial or not?

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EXERCISE #6



OVERCOMING SETBACKS

Now that you've explored some new ways of relating to food and set some goals for moving forward, have you found anything standing in your way? Or do you foresee some hurdles that you may need to overcome?

In Chapter 9 of the book I lay out some potential blocks to success and some solutions. Consider what circumstances may pose the greatest challenge—dining with friends, family holidays, cocktails after work, a long workday followed by Netflix? Write down the top three that may impact you and some strategies to overcome them.

OBSTACLE

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____

STRATEGY

Don't linger over a mishap or what might go wrong—set yourself up for success. Being prepared will help you stay on track. You've got the know-how and the desire—you've got this.

KEEP IT UP!



I'M EXCITED WE'RE ON THIS JOURNEY TOGETHER!

I hope these exercises have given you some insight into how you have been approaching and relating to food and how you want to move forward. "Savor" offers lots of tips and ideas for shifting your food relationship and re-identifying with your diet. But if you want to take a deeper dive, be held accountable, and have someone in your corner, I'm here to support you.

Either in one-on-one sessions or in a group, we can work together to establish what's working, what's not, and what's next. Together we'll identify healthy habits, your ideal plan, and eliminate whatever is standing in the way. You will do away with restrictive dieting for good and embrace eating healthy happily.

Contact me for a free consultation at Laura@ignitewithlaura.com.

ABOUT ME...

LIFE, HEALTH & NUTRITION COACH

With MA's in Psychology and Food Studies, I have long been committed to busting myths and educating people about food. I have taught at NYU's Nutrition and Food Studies program, the NYC public school system, individuals, and private groups. As a certified chef and nutrition coach, I work with clients through my company, Ignite with Laura, to help heal their relationship with food. To learn more or arrange a consultation, visit ignitewithLaura.com.

-Laura



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