

20 Minute Mindful Meal Instructions

This exercise is to help you form the habit of mindful eating, slowing down the time it takes you to eat a meal, so that you can absorb all the nutrition from it (and enjoy less bloating & more weight loss!)

There is no judgement here, in fact the first time I did this exercise I finished my whole meal in under 3 minutes (oops!) The idea is to do this exercise at as many meals as possible for the week.

How to Do the 20 Minute Mindful Meal

Starting with your next meal, follow these simple steps.

Step 1:

Before you start your meal, set your timer on your phone (then try to forget that you're timing yourself!)

Eat your meal at the pace you normally would.

Check your timer when you're done and then note down the time in your journal (over the page) also noting your mood, your hunger & fullness level, or anything else of note.

Step 2:

At your next meal, increase your meal time by 5 minutes more than your last time. This time, try to focus on all of your sense while you eat - the texture of the food, the taste, the smell, the sound of yourself chewing it. Document everything again in your journal







Step 3:

Keep repeating this exercise until you've got each meal lasting at least 20 minutes.



20 Minute Mindful Meal Journal








Record your meal, any feelings you experience & record the time it took you to eat your meal!

	Time in Minutes
1 _____	
2 _____	
3 _____	
4 _____	
5 _____	
6 _____	
7 _____	
8 _____	



20 Minute Mindful Meal Journal

Record your meal, any feelings you experience & record the time it took you to eat your meal!

	Time in Minutes
9 _____	
10 _____	
11 _____	
12 _____	
14 _____	
15 _____	
16 _____	
17 _____	