

01 It appears suddenly

02 It begins in the mouth and throat

03 It involves the consumption of specific foods

04 Swallowing occurs automatically

05 Guilty feelings

06 Hunger persists even after eating

Emotional Eating



How can I practice it?

Helpful Tips



Start with a shopping list



Bring all your senses



Come with an appetite



Take small bites



Serve a small portion



Chew thoroughly



Appreciate your food



Eat slowly

How can I practice it?

Helpful Tips



Am I really hungry?



What am I tasting right now?



Which part of my body feels hungry?



Am I satisfied? Which part of me feels satisfied?



What does my body need in that particular moment?



What is the difference between feeling full and feeling satisfied?

Tips for Grocery Shopping

● Ways to organize your list



- Check the pantry
- Plan 2–3 days of meals
- Make a list by category
- Avoid shopping when you are hungry
- Only add what you really need
- Stick to the list & Limit distractions from promotions

Tips for Grocery Shopping

Foods you should have at home for healthy and quick meals

Protein meals ready in 5 minutes

- Eggs (boiled, omelette, scrambled)
- Tuna or salmon in water/olive oil
- Plain or strained yogurt
- Frozen fish fillets
- Chickpeas/lentils, pre-cooked (no preservatives)



No cook vegetables and salads

- Cucumber, Tomato, Pepper
- Carrots
- Prepared Salads/Washed Vegetables
- Frozen Broccoli/Spinach (boils in 3–5 minutes)
- Avocado for a quick healthy fat boost



Tips for Grocery Shopping

Foods you should have at home
for healthy and quick meals





Tips for Grocery Shopping

Foods you should have at home
for healthy and quick meals

Good quality carbohydrates

- Oatmeal
- Instant rice or quinoa / pre-cooked packets
- Whole wheat pasta (10 minutes)
- Arabic pitas or whole wheat breads for wraps
- Potatoes or sweet potatoes (quickly baked in the oven or air fryer)



Tips for Grocery Shopping

Foods you should have at home for healthy and quick meals

Healthy Snacks & Meal Boosters

- Nuts (almonds, walnuts)
- Seeds (chia, flaxseed)
- Peanut butter / tahini
- Rice crackers
- Low-ingredient bars

01



Nuts

02



Peanut Butter

03



Rice crackers

Nutritional power combination





Stabilize blood sugar & Saturation

Protein + fiber + healthy fat

- yogurt + nuts + fruit
- egg + wholemeal + vegetable



Energy during the day

Complex carbohydrates + protein

- oatmeal + peanut butter
- rice/quinoa + legumes + olive oil





Gut & Immune health

Probiotics + prebiotics

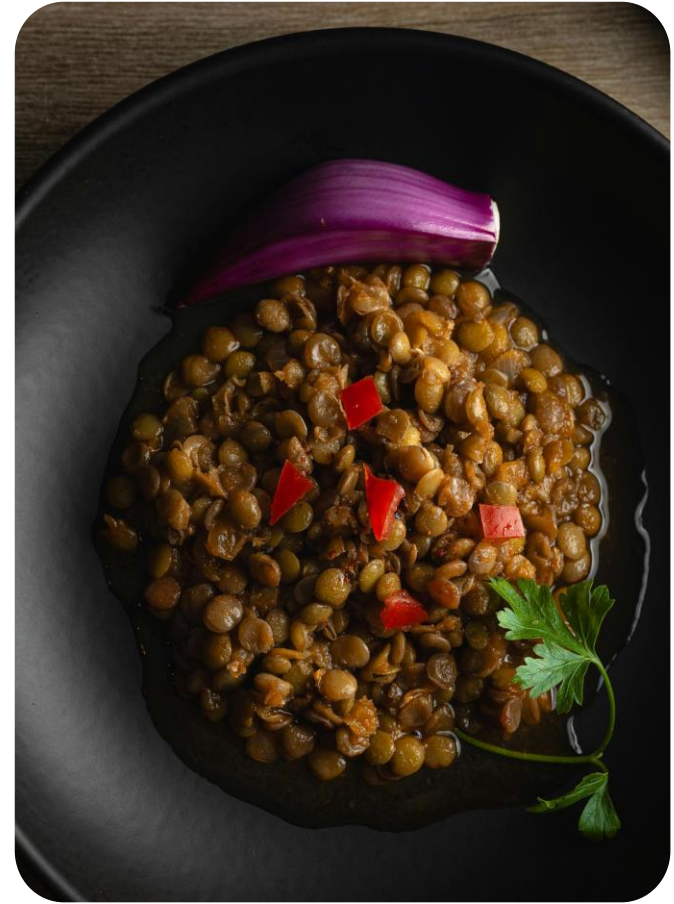
- sauerkraut + legumes or vegetables
- yogurt/kefir + banana/apple/oats

Better absorption of nutrients

Plant-based iron + Vitamin C



- lentils + lemon
- spinach + orange





Better absorption of nutrients

Fat-soluble vitamins (A, D, E, K) + Good Fats

- carrot + olive oil
- salad + avocado/nuts