

Observe
Organic
Satiety
Napkin
Dine
Sip
Mindfulness
In-the-moment
Eat
Nibble
Present
Nutritious
Awareness
Savor
Slow
Attention
Food
Table
Hunger
Moderation
Acceptance
Drink
Enjoy
Non-judgment
Lick
Eating
www.eatingmindfully.com
Chew
Strength
Aroma
Engaged
Bite
Compassion
Energizing
Balance
Fresh
Taste
Sustenance

Healthy

Fullness

Mindful