

Guide 6. Bio-Individual Nutrition: Manage Cravings and Improve Your Diet Without Restriction

This worksheet helps you personalize your nutrition, understand cravings without judgment, and improve your diet in a way that actually fits *your* body and your real life.

This is not about rules.

It's about listening, responding, and choosing from self-respect.

Part 1: Permission & Personalization

There is no one-size-fits-all way to eat.

1. Releasing the "Perfect Diet" Myth

Check anything you're ready to let go of:

- The idea that there's one right way to eat
- Comparing my diet to other people's
- Feeling like I fail when I don't eat "perfectly"
- Thinking restriction is the only way to change
- Believing cravings mean weakness

One belief about food or dieting I'm open to changing:

2. Bio-Individual Awareness

Notice — don't analyze.

Foods that usually make me feel energized and satisfied:

Foods that tend to leave me feeling sluggish, bloated, or off:

Patterns I've noticed about how my body responds to food:

(energy, digestion, mood, inflammation, cravings, etc.)

Part 2: Understanding Cravings Without Shame

Cravings are information — not failure.

3. My Most Common Cravings

List the cravings that show up most often for you:

Cravings tend to show up most when I'm feeling:

- Tired
- Stressed
- Emotional
- Bored
- Dehydrated
- Overstimulated
- Restrained

One craving I want to understand better (not eliminate):

4. The Craving Pause

The next time a craving shows up, practice awareness.

When I crave _____, it might actually be my body asking for:

- Rest
- Hydration
- Comfort
- Stress relief
- Nutrients
- Connection
- Pleasure

One question I can ask myself instead of reacting automatically:

“What would support me most right now?”

Part 3: Crowding Out — Change Without Deprivation

You don't need to remove everything.

You just need to start with better options first.

5. Crowding Out Opportunities

Foods I eat often that I could gently “crowd out” *sometimes*:

Whole foods I already enjoy and could add more of:

(fruit, vegetables, protein, fiber-rich carbs, healthy fats)

One simple crowding-out swap I'm open to trying:

(Example: fruit before snacks, protein at meals, water before soda)

6. Self-Love Reframe

Finish this sentence honestly:

"Instead of saying 'I can't have this,' I want to practice saying..."

One way crowding out feels safer than restriction for me:

Part 4: Gentle Implementation

Small changes > extreme plans.

7. My One Focus for the Next 7 Days

Choose **one** area to focus on this week:

- Add one whole food per day
- Start meals with the most nourishing option
- Practice the craving pause once per day
- Improve hydration
- Simply observe patterns without changing anything

My focus this week:

This feels doable because:

8. Listening & Adjusting

Finish this sentence:

"When I listen to my body instead of fighting it, I notice..."

One way I can practice curiosity instead of control around food:

Closing Reflection

Complete this gently:

"I don't need a perfect diet.

I need a way of eating that _____."

Before You Move On

You are bio-individual.

Your body gives feedback every day.

Cravings are messages.

Small upgrades count.

Restriction is not required for change.

You are learning how to eat with awareness, not fear.

With flexibility, not rules.

With self-trust, not pressure.

Take this guide slowly.

Let your body lead.

This is how change becomes sustainable.