

PRESCRIPTION FOR RADIANCE

- **Eat a high quality fat daily.** That could just be in your salad dressing, it can be an entire avocado, coconut oil or nuts. Start eating some high quality fat every day and you'll notice how satiated and healthy you feel.
- **Prepare one large organic salad every day.** It's something you can mix up at the beginning of the week and put it in a storage container in the fridge – instant side dish or main meal!
- **Eat breakfast every day.** It's a really good way to start your body off. You may have heard of the old wives tale, "eat like a king for breakfast, a prince for lunch and a pauper for dinner."
- **Have healthy snacks available.**
- **Drink lots of water.**
- **Plan your meals.**
- **Be mindful when you're eating.** Mindful and intuitive eating is a skill to cultivate. How? Before you eat something take a couple of deep breaths and really ground your body, ground your feet on the ground and bless your food. It is a miracle that you're actually being able to eat such an abundance of amazing food.
- **Eat slowly.** Chew your food 20 to 30 times. Feel it go down your esophagus into your stomach and just sit there and breathe while you're eating. Really breathe in between bites. Put your fork down. Eliminate all distractions. Don't watch TV or read. Just practice being really mindful and present with your food.

This will develop your intuition and your connection to your body. Intuitive eating - learning to trust your body instead of having to go outside of yourself to figure out a diet just go within and work on your intuitive eating.



Amanda Moxley
Body and Soul Coach

Now it's time for you to write your own personal Prescription for Radiance!

My Personalized prescription for Radiance

What foods, drinks, snacks etc make you feel totally, confidently, ALIVE, awake, healthy, happy and FREE?

Declare your Prescription for Radiance and root your feet firmly in the ground in knowing you are a light being who deserves to feel amazing every day of your life!

It feels good to declare it and get support from people who believe in feeling totally amazing, alive, energized and radiant!

What foods, drinks and snacks undoubtedly make you feel sick, stuck, irritable, tired, uncomfortable etc?

1. _____

2. _____

3. _____

Identify the 3 foods, drinks and snacks that make you feel bloated and or gassy.

1. _____

2. _____

3. _____

Identify the 3 foods that make you constipated, stuffed and tired.

1. _____

2. _____

3. _____



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Identify the 3 foods you use to soothe your emotions and why you use them..

Example: "I like to eat chocolate when I'm tired rather than listening to my body and taking a nap!"

1. _____
2. _____
3. _____

Identify 3 foods you use when you want to reward yourself or celebrate

1. _____
2. _____
3. _____

Identify the 3 foods that you know are not in your best interest to eat. Next, think about when you use them and remember your first connection to this food.

Example: I know that eating sugar is not in my best interest. I remember eating it as child all of the time.

1. _____
2. _____
3. _____

What foods, drinks, snacks etc make you feel totally, confidently, ALIVE, awake, healthy, happy and FREE?

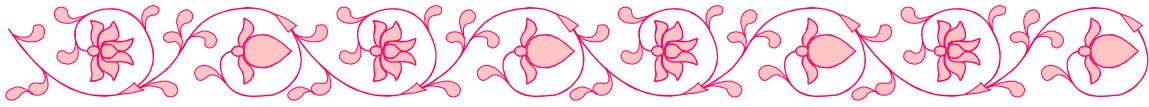
List the 5 foods that make you feel super energized, light, focused, clear, calm, peaceful and happy

1. _____
2. _____
3. _____
4. _____
5. _____



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And finally, write your personalized prescription for radiance!



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