

FOOD FREEDOM WORKBOOK

A FRAMEWORK
THAT COMBINES
SELF-CARE &
MINDFUL
EATING TO HELP
RESTORE YOUR
RELATIONSHIP
WITH FOOD.



HELLO
MY NAME IS

Libby Supan

Welcome!

I'm a certified intuitive eating counselor and therapist.



HEALING YOUR RELATIONSHIP WITH FOOD DOESN'T HAVE TO SUCK

Do you struggle with knowing how, what, when, where, and/or why to eat?!? You are not alone! I'm here to help!

This e-Book outlines the ten principles of intuitive eating and includes journaling prompts after each one. The goal is not to give you more rules but to teach you principles that will help you find freedom in your relationship with food.

(Based on the "Intuitive Eating" principles by Elyse Resch & Evelyn Tribole.)
Intuitive Eating

You will need the following for this E-Book:
Hunger Scale
Food Check-In



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[EMAIL ME](#)

When all dieting did was
cause heart ache



Principle

01

REJECT THE DIET MENTALITY

BURN ALL YOUR DIET BOOKS!!!

I am giving you full permission to throw out every single diet book, magazine, article or whatever else you have hiding in your home. Letting go of the fantasy of losing weight or finally being in that perfect body is the best place to start.

These books are only filled with false hope and broken promises that will lead you to a life of despair.

You are allowed to feel enraged when you realize the lies you've believed, and I suggest you do! You have every right. You've only been told what you were supposed to do, yet left empty handed.



REJECT THE DIET MENTALITY

Journal Prompt:
Dieting Timeline

1. Write out your dieting timeline.
 - a. How old were you when you went on your first diet?
 - b. What was that diet?
 - c. What do you remember about your first diet?
 - d. What prompted you to go on this diet?

2. What was the last diet you were on?
 - a. What was that diet?
 - b. How was your last dieting experience different/similar to your first dieting experience?

3. What were all the diets in between?
 - a. What do you remember about all these diets?
 - b. Did you ever experience long term weight loss?

4. Looking back at your dieting timeline, would you do it differently if you had the opportunity to do it over again?

Principle

02

HONOR YOUR HUNGER

FUEL UP!



Often when we diet, we are instructed to ignore our internal hunger cues. Over time you may no longer trust yourself with food.

Feeding ourselves is a basic human need similar to using the restroom, breathing, and drinking water when thirsty.

When we're unable to feed ourselves properly, it may trickle into other areas of our lives.

Learning to trust your internal hunger cues is the best place to start with Intuitive Eating.

Start by paying attention to the physical sensations you experience when you are physically hungry.

Principle

02

HONOR YOUR HUNGER

Journal Prompt:

Acknowledging our physical hunger

1. Do you have physical sensations when you are hungry or full?
 - a. What are those sensations?
 - b. Where do you feel these sensations?
 - c. What does it feel like?
 - d. Is it pleasurable or painful?

2. Next time you eat, allow yourself to experience all your senses to have a more pleasurable experience. Write down your responses to the following before, during, and after you eat.
 - a. Place your fork down.
 - b. Close your eyes.
 - c. Take three deep breaths.
 - d. What emotions are you feeling right now?
 - e. Where is your hunger on the hunger scale (see hunger scale)?
 - f. Looking at your food, what do you see? Colors? Shapes? Variety?

3. Was this a pleasurable or painful experience? Why?

Principle 03

MAKE PEACE WITH FOOD

YOU + FOOD = FRIENDS!

When you come from a place of all allowing food, you usually will not want to consume all the food.

Once we put food rules on ourselves, we have now put food on a pedestal. When we put food on a pedestal, it may intensify and distort our thoughts, feelings, or beliefs about food.

Have you noticed when you've dieted or restricted food in the past, you experienced (what I like to call) a case of the "F-its"?

Here's what it may look like:

- It's Sunday, and you've eaten your way through your weekend. You feel guilty and shameful that you did it once again. You failed. You'll get back at it tomorrow with your diet. You may have thoughts such as:
 - "F-it. I already messed up. I may as well just go for it and eat all the things. I'll start again tomorrow. It'll be okay."



MAKE PEACE WITH FOOD

Journal Prompt:

Make a list of your food hierarchy.

Make three columns. One column will be green for safe foods, another column will be yellow for in-between foods (sometimes these foods are “safe” and sometimes you feel out of control with them) and a column that’s red for fear foods (all the foods you have anxiety around, always restrict or binge on).

1. Write down your answers to these questions picking a food from each list. When was the last time you ate a red food? Yellow food? Green food?
 - a. What happened?
 - b. Did it turn into a binge? Restriction?
 - c. Did it affect the way you ate the next day?
 - d. Did it affect your movement (exercise) that day or the following day?
 - e. Do you allow this food into your home?
 - f. Do you enjoy this food? Is it pleasurable? Does it taste good?
2. Did your answers change depending on the column it was in? How so?
3. Imagine you had no fear with the foods in your red list. How would this change the way you eat? How you think about food?



Principle

04

CHALLENGE THE FOOD POLICE

THE FOOD POLICE DOES NOT KNOW WHAT THEY'RE
TALKING ABOUT. DO NOT BELIEVE WHAT THE FOOD
POLICE TELLS YOU!

The Food Police

- The food police is your inner voice that creates conflict in regard to your food beliefs.
- The food police hold the "food rules."
- The food police lives deep in your psyche yet shouts negative demands and insults at you.
- The food police try to get you to listen to their demands and rules about food.

It may sound like:

"You better not eat that. That will make you fat."

"You're only allowed fruit and veggies-no chips!"



Principle

04

CHALLENGE THE FOOD POLICE

Journal Prompt:

What are your food police food rules?

Think back to your first diet. Do you remember what some of the rules were?

Think about all the food rules you've held onto over the years and make a list of them.

- They may sound something like this:
 - “You’re not allowed to eat past 7pm.”
 - “You can never have sugar before the gym.”
 - “You can only have a donut if you work out an extra hour that day.”
 - “Always include at least three food groups every time you eat.”

Principle

05



FEEL YOUR FULLNESS

OFTEN WHEN WE BEGIN TO LEARN ABOUT INTUITIVE EATING OUR HUNGER/FULLNESS CUES ARE OUT OF WHACK, BUT WE CAN GET THEM BACK.

- Begin to slow down and listen to your body for the cues. Put your fork down, close your eyes, take a deep breath to check in with yourself as to how you're feeling.
- As you eat your meal or snack, pay attention to your body's physical sensations. As you get closer to feeling full, notice what you experience.

Principle
05

FEEL YOUR FULLNESS

Journal Prompt:
Eating without Distraction
"Three Bite Rule"

The next time you eat, whether it's a snack or a meal, do the three bite "rule."

Begin by becoming more aware of your hunger/fullness cues by putting your fork down, closing your eyes, taking a pause, taking a deep breath, and asking yourself how you're feeling right now."

Do this around the first, middle, and last bite of your meal or snack.

Write about this experience.

- What did you notice?
- Was it hard to put the fork down?
- What did you feel in your body?
- What thoughts did you have?
 - Were they punishing thoughts such as "you should feel full by now" or gentle thoughts such as "interesting how the food doesn't taste as flavorful as I continue to eat."

DISCOVERY THE SATISFACTION FACTOR

Principle

06

BOTH SATISFACTION AND PLEASURE ARE IMPORTANT!

Feeling satisfied is crucial in order to feel your fullness. In order to feel satisfied, we must allow ourselves the foods we desire.

Some of us grew up in households where we couldn't eat as we desired for many reasons. And for others there comes a point after dieting for so many years, we forget how to eat what we truly desire without the added guilt.

Think about what you desire and how that would feel in your body. Imagine a world where you were allowed to eat like this. Does that sound like a dream world? It doesn't have to be.



Principle

06

DISCOVER THE SATISFACTION FACTOR

Journal Prompt:

Exercise

The next time you're getting ready to figure out what to eat, ask yourself the following questions taking away all food rules. Write about your experience without judgment.

- What do I truly desire right now?
- Do I have access to that food? Why or why not?
- Do I allow this food into my home? Why or why not?
- What's my experience with that food? Good? Bad?
- How will this food feel in my body?
 - Will it serve me?
 - Will it cost me?
- Did I allow myself to eat what I desired? Why or why not?
- What happened?

Principle

07

RESTRICTING
FOOD MAY LEAD
TO FEELING OUT
OF CONTROL
WITH FOOD

COPE WITH YOUR FEELINGS WITHOUT USING FOOD

Sometimes we may eat when we feel: sad, anxious, hurt, stressed, happy, or angry AND that can be part of normal eating. It becomes a problem when we don't know how to cope without using food for emotional comfort.

Eating to fulfill an emotional need may work temporarily but not long term.

Pay attention to how you feel emotionally when you eat. Do you eat certain types of foods when you feel a certain type of way? Maybe you always go to ice cream when you're feeling sad and lonely.

We need to learn how to self-soothe when we have negative emotions without using food. Begin to try different skills, tools and activities when you would normally choose food. See what happens.

After having a binge
feels HORRIBLE.

3 Things you can do:

1. Forgive yourself ❤️
2. Eat your next meal/snack ❤️
3. Get out of bed anyways ❤️

Principle

07

COPE WITH YOUR FEELINGS WITHOUT USING FOOD

Journal Prompt:

How have you used food for emotional reasons?

Make a list of times when you ate for reasons other than physical hunger. Looking at both the benefits and costs of emotional eating, What do you think? Is this something you'd like to continue to do, or are you ready to stop? Why or why not?

- Benefits:
 - What did you gain?
 - How did it work?
 - What perks did you receive?
- Costs:
 - What did you lose?
 - How did it not work?
 - How did this negatively impact you?

Principle 08

RESPECT YOUR BODY

ACCEPT THE BODY
YOU WERE GIVEN.



The most important factor in one's body shape and size is their genetics. There is not much one can do to change their genetic blueprint. Would you force yourself to wear size extra small gloves when your hands are medium? I hope you wouldn't.

We don't have to love or even like the body we live in, but we do need to respect it.

Punishing ourselves never works long-term. You cannot punish yourself into loving yourself with demanding food and exercise rules.

Begin to appreciate the function of each body part. Instead of saying something negative about your imperfect or squishy stomach, express gratitude for it that it digests food for you.

Principle
08

RESPECT YOUR BODY

Journal Prompt:

- Write out the negative thoughts you say to yourself about your body dissatisfaction?
 - Now, say these out loud while looking in the mirror.
 - How do you feel when you hear yourself saying these cruel statements to yourself? (Probably not too good).
- Write out an alternate thought to your original negative one. It doesn't have to be happy and fluffy but let's at least remove the negativity.

Example:

Original Thought

"I cannot believe how disgusting my arms look. They're so BIG!"

Alternate Thought

"Although I'm not content with the appearance of my arms, they help me pick up my baby when I want to cuddle."

Principle 09

Movement— Feel the Difference

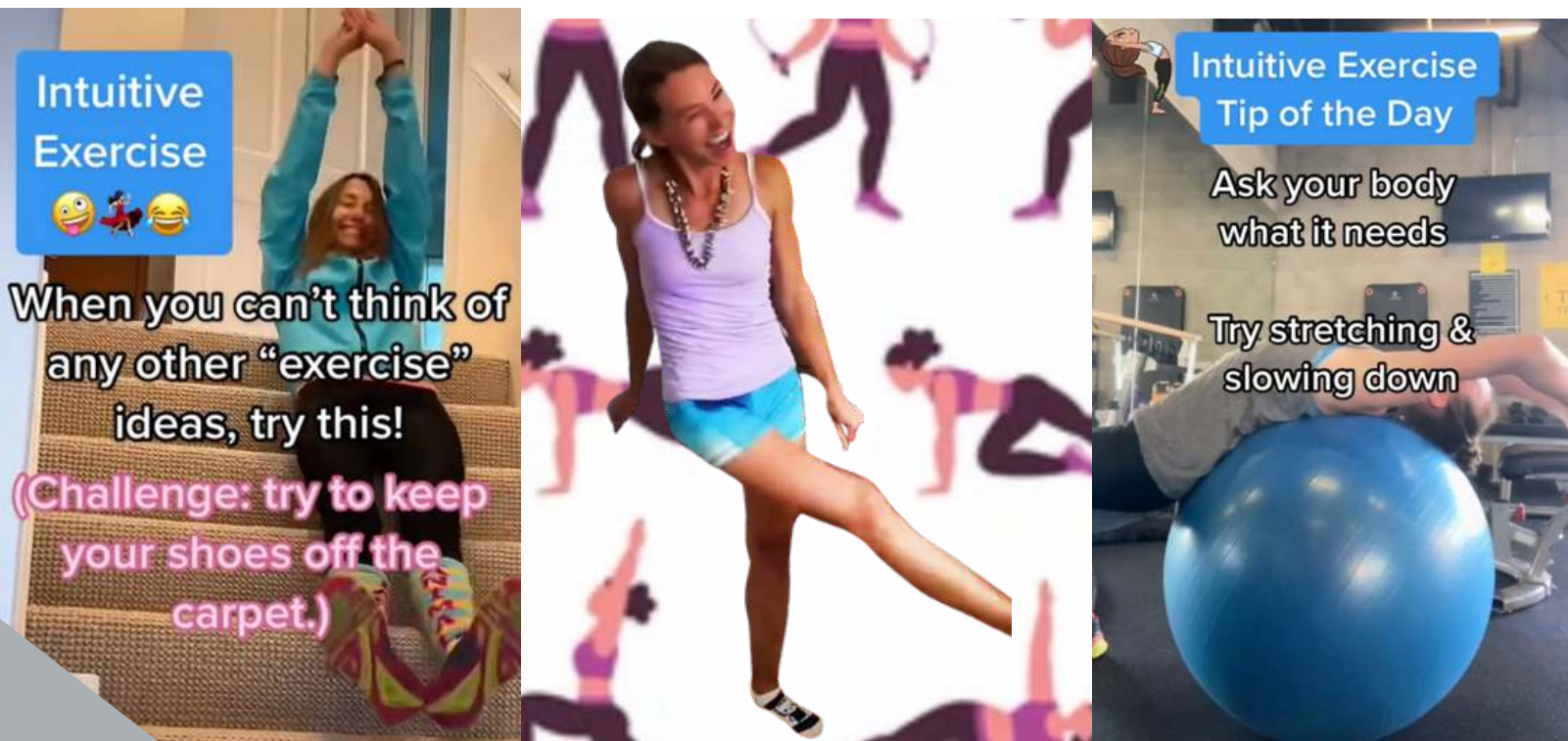
JOYFUL MOVEMENT !!!

Do you ever force yourself to partake in exercise because you tell yourself you have to? That's no fun! It's also not sustainable.

The only way to have a life that includes long term exercise is to enjoy the exercise you do.

When was the last time you moved your body in a way that felt good? What did you do? How'd you do it?

Begin to put your focus on how it feels to move your body when moving rather than burning calories.



Principle

09

Movement— Feel the Difference

Journal Prompt:

Joyful Movement

We can engage in movement in many ways, and you may move more than you think.

- Make a list of all the ways in which you move for intentional exercise (ex: running or swimming).
- Make a list of all the ways you move for everyday tasks (ex: laundry, getting a glass of water etc.).
- Make a list of movement that brings you joy and feels good to your body (ex: dancing to music or walks).
- If you're looking to increase your exercise, think about how you can implement more joyful movement into your schedule.
 - Maybe you take a 5 minute break a couple times during your work day and dance around to your favorite music.

Principle

10

HONOR YOUR HEALTH — GENTLE NUTRITION

HONOR YOUR HEALTH BY WHAT TASTES AND FEELS
GOOD TO YOUR BODY.

Nutrition is important, and it's the last principle for a reason. As much as nutrition matters, it matters more that you take care of your overall health. There's a lot more that goes into health than what diet culture tells us.

There needs to be a balance between eating nutrient-dense foods and fun foods (that may be less nutrient dense).



Principle

10

HONOR YOUR HEALTH — GENTLE NUTRITION

Journal Prompt:

Why do you eat the way you do?

- Write out how you generally eat. What are all the different foods you consume?
 - What do you eat for breakfasts? Lunches? Dinners?
- Looking at what you wrote down:
 - Do you choose those foods because they're "healthy" (nutrient-dense)?
 - Do you enjoy the taste of these foods?
 - How do these foods feel in your body? Good? Bad?
 - Do you experience pleasure when you eat these foods?
- If you feel bored, annoyed, or anxious (any negative emotion) about what you wrote down, how can you change what you eat? Write about how you'd like to eat in an ideal world if you weren't concerned about your body size or shape.

CONGRATULATIONS

You are now a step closer to living with food freedom!

I hope you enjoyed your introduction to Intuitive Eating. Hopefully, by this point, you feel more comfortable. And if you don't, that's totally okay!

Intuitive Eating is a simple concept but may not be easy to navigate, especially on your own.

If you'd like more support, guidance, or help with your Intuitive Eating journey, please reach out, as I'd love to walk this path with you. It has been one of the most rewarding experiences in my life, and I know it can be for you too.

Feel free to email me, visit my website, and view my social media content on Instagram.

(clickable links down below)



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