

THE METHOD

Intuitive Eating Diary

A clear, flexible way to feel fed and supported without rules or overwhelm.

by - Paula Rios

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Hi! I'm Paula,

I'm so glad you're here!

If you downloaded this, it probably means you're **tired of second-guessing every bite, obsessing over food choices, or bouncing between control and chaos.** Maybe you're constantly asking yourself: "Should I eat this?" "Will I regret it?" or "Is it healthy or not?"

First, take a deep breath. **You're not broken. You're not weak. You've just been taught to ignore your body** and hand over your decisions to diets, food rules, and "shoulds."

Let's change that.

This is a practical guide to get out of your head and reconnect with your body when making food decisions.

By the end of this guide, you'll be able to detect your body's cues to have a peaceful relationship with food & feel empowered to make decisions that nourish you deeply.

Interoceptive Awareness

Perceiving the physical sensations from within your body is called **interoceptive awareness**. A powerful and innate ability, which includes from a rapid heartbeat and a full bladder, to the rush of heat and jitteriness you feel when you panic.

It is the language your body speaks. Being **attuned** to these sensations gives you **powerful information** into your physiological and psychological state, which can help determine what you need to do in order to meet your needs.

Our mind can create **obstacles** that blur the communication body-mind-soul in the form of **rules, beliefs, and thoughts**.

That's an obstacle and a conflict. Your body is biologically hungry, but your rule is No eating between meals.

Let's learn your body language!

Always remember that this is not a test, it is just observing without judgement, there's no right or wrong.

We are, for now, just raising awareness.

Intuitive Eating Journal

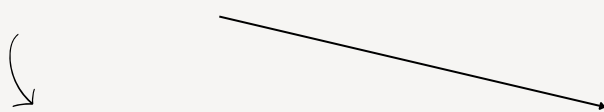
I truly believe that your relationship with food is a reflection of your relationship with yourself, and this is why I give you this Journal.

Where to start? Being Aware of your situation

The goal of intuitive eating is to regain the ability to identify body signals to be able to respond to them effectively. This is a long process and it is normal for us to find it difficult at first. Where does this difficulty come from?

From the diet culture, from years of silencing, deceiving hunger/satiety cues, restricting calories, and skipping meals (altering the hormones of hunger, ghrelin; and satiety, leptin).

How do we solve it?



A.You don't feel hunger cues.

- **Structure your meals:** Build an eating schedule that you can repeat for a few weeks. This will allow you to regulate blood sugar and give voice to your signals again.
- **Prioritize nutrition:** Before satisfaction (without eliminating it), don't leave any nutrients out of your diet so you feel full for longer.

B.You don't feel satiety cues.

- **Follow steps in case A.**
- **Practice noticing and differentiating:** emotional hunger (boredom, stress, anxiety, excitement) from real physical hunger (ask yourself: How long has it been since the last meal? What have I eaten? Use logic) and from habits (eating in "automatic mode").

Awareness

The hunger scale

This will provide understanding and help with reflection, trusting and responding to hunger and satiety cues.

You will classify hunger and satiety before and after meals from 0 to 10 according to this scale:

- | | | |
|----|---|---|
| 0 | — | Empty. You have an uncomfortable appetite. Your stomach hurts and you are likely to have a headache and fatigue. |
| 1 | — | Ravenous. You feel weak, dizzy or “hangry”. It’s likely hard to focus on anything but food |
| 2 | — | Very hungry. You feel cranky and have low energy. Can feel ot’s of stomach growling. |
| 3 | — | Hungry. Your stomach is growling a little. You can still make conscious choices and wait for food. |
| 4 | — | A little hungry. You could comfortable go about an hour without food. |
| 5 | — | Neutral. You’re neither hungry nor full. <i>Somethimes we eat at his poin when bored.</i> |
| 6 | — | Just satisfied. If you don’t eat more, you won’t be hungry for about 1 - 2 hours |
| 7 | — | Completely satisfied. You are comfortable and could probably go 3-4 hours without eating again |
| 8 | — | Full. You feel very full and likely ate more than needed. |
| 9 | — | Stuffed. You can feel pressure on your stomach or your stomach in general hurts. |
| 10 | — | So full you feel sick. You likely don’t want to move or do anything. |

In the following page you will find a guide you can use during this week when you feel like tracking how you feel. After a few days, you’ll likely feel more comfortable with some aspects of intuitive eating.

Questioning yourself is the first step to gain awareness and understanding your cues, so:

QUESTION EVERYTHING!!

Intuitive eating journal.

This page is an example, you will find blank pages after it.

Date: 25 /01/2024

Today's intention: Pay attention to my energy after my meals.

Using the previous scale reflect on your hunger, fullness, and body responses to different types and amounts of food during your day. It is generally recommended to start eating when you feel between 3 - 4 and stop eating when you feel between 6 - 7. **Feel free to add more meals if you need or not eat as many, this is your diet and no-one else's.**

Meal	Food: What and how much.	Rank hunger (0 - 10) before & after eating	Feelings and Satisfaction
Breakfast	2 boiled eggs Cheese toast Smoothie bowl	Before: 3 After: 7	I felt super hungry and ate a lot I enjoyed the smoothie but felt hungry after 10 minutes so I ate more. I am happy with my breakfast bu I think I miss some more energy.

The overall mood of today was: Calm

Reason(s) for this mood: I felt comfortable in my environment

The average number that I started eating today was: 7

The average number that I stopped eating today was: 6

Cravings experienced today: None

Reason for craving:

Food I enjoyed today: Fruit

I enjoyed it because: Made me feel light

One thing I want to try to work on:

I want to work on finding foods that make me feel full.

Did I move today? YES/ NO

It made me feel.. I regret not having moved

Intuitive eating journal.

Date:

Today's intention:

Meal	Food: What and how much.	Rank hunger (0 - 10) before & after eating	Feelings and Satisfaction
		Before:	
		After:	
		Before:	
		After:	
		Before:	
		After:	
		Before:	
		After:	
		Before:	
		After:	

Let's Do This Together!



You've made it this far—and I know that means you're **so ready for something different.**

You've tried **for so long** to figure this out **on your own.**

The diets, the rules, the guilt. **But what if you didn't have to do it alone anymore?**

This guide is a powerful start—but it's okay if you still feel unsure. **That's why I'd love to invite you to a chat with me.**

Some women will wait for “when I am ready.”

Others will decide that they are brave enough to say yes.

I work with the second group.

If this message feels like it's speaking to you,

[Message me whatsapp](#) and we'll see together if my program is for you and when to start.

If it's not — that's okay too.
You'll know when the time comes.



Paula