



deannaminich.com

# 49 WAYS TO GET CREATIVE WITH FOOD: NOURISH YOUR WHOLE & COLORFUL SELF



THE SPIRIT

## 7 things you can do with spirituality and food:

1. Create a mandala made of crudités
2. Say a prayer for the farmers and ranchers that grew your meal
3. Give an edible gift to a spiritual leader in your life
4. Meditate in a garden
5. Volunteer to serve food at a shelter
6. Bless your food before eating it
7. Bring colorful, whole foods to your spiritual community



THE INSIGHT

## 7 things you can do with intuition and food:

1. Select and buy produce at the grocery store that you are drawn to
2. Choose a restaurant meal by closing your eyes and pointing to an area on the menu
3. Create your own meal without a recipe
4. Observe what foods come forward in your dreams
5. Do an intuitive reading on someone based on a food they select
6. Assess the deeper meaning of what is on your plate: what do your food choices say about you?
7. Eat the amount of food that you feel is best for you rather than subscribe to a specific calorie limit



THE TRUTH

## 7 things you can do with words and food:

1. Thank the server for delivering your next restaurant meal and ask them to thank the chef in the kitchen as well
2. Write a poem, haiku, or prose about your favorite food
3. Sing along to food-related songs (a quick search will show you many you already know!)
4. Read a memoir, blog, or poem about growing, cooking, or eating food
5. Say a one-word intention out loud before eating
6. Create a personal affirmation (one sentence) for your health and put it on a sticky note in your kitchen
7. Write words that speak to what you want more of on tape and put on your glass or water bottle



THE LOVE

## 7 things you can do with love and food:

1. Cut a sandwich, tortilla or a piece of fruit into heart shapes using a cookie cutter
2. Eat out of a heart-shaped bowl
3. Imagine your meal nourishing your body with love
4. Use squeezable condiments to draw hearts on your sandwiches, pancakes, and other meals
5. Give gratitude by saying "thank you" before every bite of food
6. Share a meal with someone you love
7. Put heart stickers on your refrigerator to remind you to love your body and your food



THE FIRE

## 7 things you can do with thoughts and food:

1. Read your thoughts like you would read a food label: look for toxic thoughts like you would harmful ingredients
2. Observe your thoughts when you are eating
3. Evaluate whether there are certain foods or beverages that change the clarity of your thinking
4. Eat a meal in silence and note what thoughts come to mind
5. Pick a food and 'dialogue' with it through journaling
6. Write down any perfectionistic thoughts about eating and let them go by destroying them in some way
7. Empty out your thoughts before eating by journaling them out for 3 minutes before a meal



THE FLOW

## 7 things you can do with emotions and food:

1. Track your emotions and your food intake to see what patterns emerge
2. Journal about foods tied to memories from the past; reflect on how it impacts you today
3. Dance in your pajamas before breakfast
4. Play upbeat music while cooking and eating dinner
5. Arrange your food on a plate or in a bowl in an artistic way
6. Let yourself be childlike and play with your food!
7. Notice how certain foods impact your mood



THE ROOT

## 7 things you can do with body and food:

1. Compost vegetable scraps to replenish the earth
2. Eat a salad with your fingers rather than using a fork
3. Go barefoot while making dinner
4. Eat a meal while sitting outside in nature
5. Grow a plant that produces food, even if it's an herb
6. Cook an old family recipe and share it with a friend or family member
7. Make a dish that is from your ancestral country