

Take a few minutes to jot down the following lists:

***FOODS I LIKE***

***FOODS I CAN DIGEST WELL***

***FAMILY or my ETHNIC FOODS THAT SUIT ME WELL***

***FOODS I KNOW TO AVOID*** *(not just food propaganda)*

**COOKING METHODS I DO WELL WITH**

**FOODS THAT CAN SUPPORT MY THERAPEUTIC DIRECTION**

*(release excess: clear, or tonify deficiency: build)*

**FOODS I NEVER (RARELY) EAT THAT I COULD HAVE MORE OF**

*(e.g., veggies, seaweeds, nuts & seeds, red meat, etc.)*

**FOODS THAT WOULD BENEFIT MY EMOTIONAL/SPIRITUAL PATH/  
BEING**