

PDF Challenge: Balance, Not Guilt

Introduction:

Breaking free from the “good vs. bad” food mindset starts with action. This challenge is designed to help you rethink how you view food, practice balance, and enjoy what you eat without guilt. Each task focuses on small, practical steps to shift your perspective and build a healthier relationship with food.

Food Reflection:

Write down three foods you’ve labeled as “bad.” For each, think about how you can enjoy it in moderation.

1. Food: _____
- How to enjoy it in moderation: _____
2. Food: _____
- How to enjoy it in moderation: _____
3. Food: _____
- How to enjoy it in moderation: _____

Balance Your Plate:

For your next meal, create a plate that includes a mix of “sometimes” and “everyday” foods. Reflect on how it feels to eat without guilt.

What meal did you balance? _____

How did it feel to eat without guilt? _____

Reframe Food Labels:

Write down one “good” and one “bad” food. Replace those labels with “nutrient-dense” or “higher calorie but enjoyable.”

Good food: _____ → Reframed as: _____

Bad food: _____ → Reframed as: _____

80/20 Practice:

Plan your meals for one day using the 80/20 rule (80% nutrient-dense, 20% enjoyable treats).

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____

Guilt-Free Treat:

Choose one food you've avoided and include it in your next meal or snack—no guilt allowed. Reflect on the experience.

Food: _____

How did it feel to eat without guilt? _____

