



Food Philosophy Defined

WORKBOOK

By Margaret Helthaler

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NOTE:

WELCOME! This is the companion workbook to the Veggie Primer-ed course **Food Philosophy Defined**.

How to use the workbook

Download and save the workbook before filling in your answers.

This is an editable workbook. Click inside the boxes or above the lines to type in your answers.



Most folks learn by doing. I designed this editable workbook to walk you through the steps you need to take to cut through the hype, tune into your body, and personalize your diet.

The workbook follows the lessons in the course. You may find it helpful to review course videos as you complete each section.

You are also welcome to [contact me](#) with questions.

Be well,

Margaret

HEALTH *Find your Why!*

To find your WHY – to determine what will truly motivate you to embrace change – you need to give some thought to the following questions:

Where am I right now? How do I feel?

If I continue on my current path, what is the worst thing that could happen?

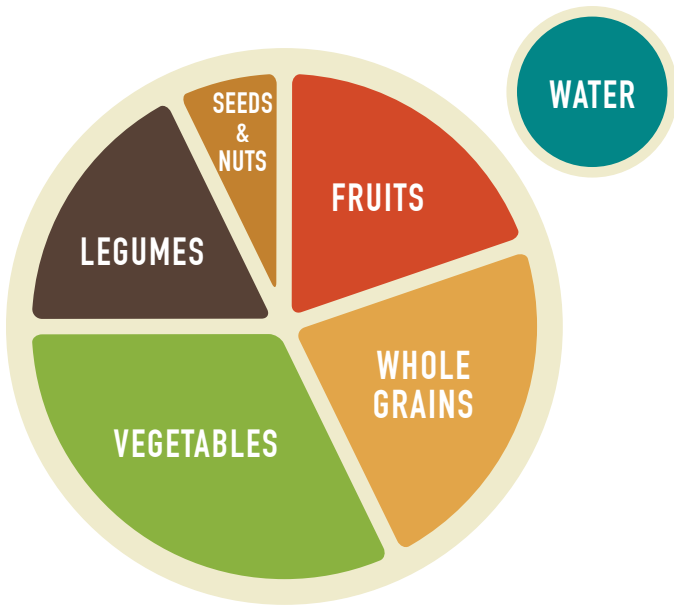
What do I want to see in the rear-view mirror when I reach the end of my journey?

Based on the self analysis you completed above, try to describe your WHY in one or two sentences. Ex: If I don't adopt a healthier lifestyle, lose weight and feel better, I will be in too much pain to enjoy my favorite activities – like hiking and photography.

INFLUENCES *Determine your Who!*

Plant-Based Plate

Based on my research and experience - these are the guidelines I encourage you to follow to create a science-based foundation for your food philosophy:



- Veggies = 1/3 or more
- Fruits = 1/4 or more
- Whole Grains & Starches = up to 1/4
- Legumes and/or Seeds & Nuts = remainder
- Animal Products = 10% or less (if desired)
- Whole Foods
- Limited Processed Foods
- Limited Sweets

Recommended Resources: [NutritionFacts.org](https://nutritionfacts.org) • [PCRM.org](https://pcrm.org)

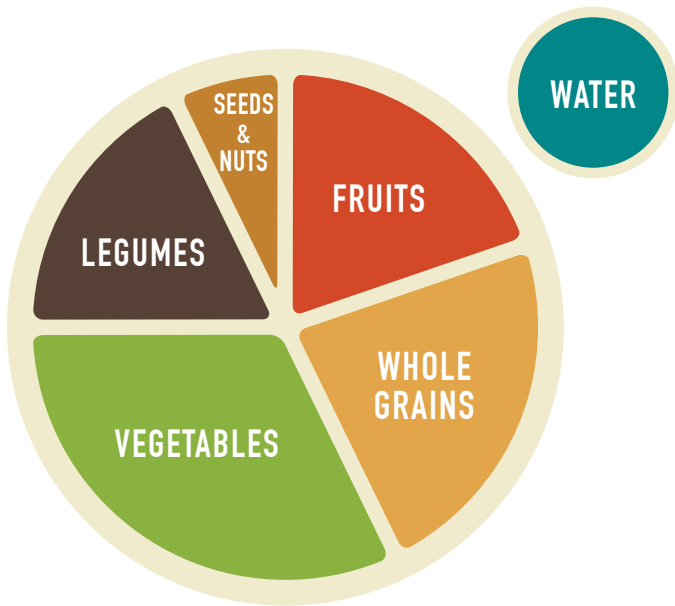
Other Methodologies

To validate the reliability of other resources that might influence how you eat, research the credentials, evidence and reason for each source:

SOURCE	CREDENTIALS	EVIDENCE	REASON

INFLUENCES *Determine your Who!*

Based on your responses on the previous page - would you make any adjustments to the Plant-Based Plate?



- Veggies = _____
- Fruits = _____
- Whole Grains = _____
- Starches = _____
- Legumes = _____
- Seeds & Nuts = _____
- Animal Products = _____

Additional Notes Regarding Your Food Philosophy Foundation:

LIFESTYLE *Personalize your Flow!*

Food Allergies/Intolerances

If you have any of the symptoms associated with food allergies or intolerances, you may want to try eliminating foods known to be allergens or follow the elimination diet outlined in Dr. Neal Barnard's book "[Foods That Fight Pain.](#)"

Symptoms:

- Bloating
- Body/joint aches
- Hives
- Irritable bowel
- Migraines/headaches
- Runny nose
- Scratchy throat/dry cough
- Stomach aches
- Urinary tract infection symptoms
- _____
- _____
- _____

Foods to Avoid:

YOU

In addition to your beliefs and possible intolerances, consider the following questions:

What can I afford?

How much time do I have to prepare food?

Do I like to cook?

As an Amazon Associate I earn from qualifying purchases. I only recommend items/brands I use and trust.

FOOD PHILOSOPHY *Defined!*

Based on your responses on the previous pages - fill in the blanks to define your food philosophy. Remember, your food philosophy is meant to guide you when you plan, shop for, and prepare meals.

■ **Vegetables** = _____

■ **Fruits** = _____

■ **Whole Grains** = _____

■ **Starches** = _____

■ **Legumes** = _____

■ **Seeds & Nuts** = _____

■ **Lean Animal Protein** = _____

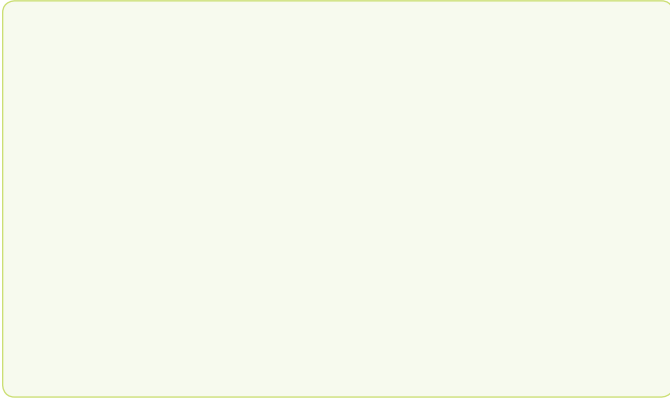
■ **The majority of foods should be:**

■ **Foods to limit or avoid include:**

■ **Other comments:**

CONGRATULATIONS! *What's next?*

How would you describe your food philosophy in one or two sentences?



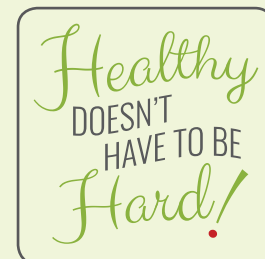
Now that you have completed this workbook, you should be motivated and have a clear path to achieving a long-term healthy lifestyle!

However, you may have remaining questions, such as:

- **How can I get organized and create good habits so I'm always ready to prepare healthy meals?**
- **What are some easy cooking techniques for preparing plant-based meals?**
- **How do I manage plant-based meal-planning, holidays, dinner parties or dining out?**

I am developing a series of short courses to answer these questions.

Stay tuned...



The information presented in this workbook is based on my experience and represents my personal opinion. It is not intended to be a substitute for professional medical advice or treatment. Do not disregard professional medical advice or delay seeking it because of the information shared in this publication.