





*Possible questions to ask before meal:*

1. Am I in the mood for a particular food?
2. What texture(s) do I want?
3. What temperature(s) do I want?
4. What taste(s) do I want? (spicy, fresh, savory, strong, \_\_\_\_\_)
5. What foods will help me reach my health goals?
6. If I could have only one food right now, what would it be?
7. What food sounds least appealing right now?
8. How do I want to physically feel after I eat?
9. What foods will help me feel that way?
10. If I am not physically hungry, what do I really need?