



Mindful Eating

WORKBOOK

A practical companion for the Visa team
Tools to carry with you long after the workshop ends

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Welcome

This workbook is yours to keep. It gathers the reflections, practices, and real-world tools from our Mindful Eating Workshop into one place you can return to — on your desk, in your bag, or on the road. Use it to check in with yourself, build habits that stick, and make choices that actually fit your travel-heavy, high-pressure schedule.

Self-Reflection

How do you feel physically & emotionally when you don't take care of your health?

1. _____
2. _____
3. _____

What are your most challenging aspects of eating healthy while working?

1. _____
2. _____
3. _____

Solutions — what will you try first?

1. _____
2. _____
3. _____
4. _____

Mindful Eating Practices

Six simple, repeatable practices to bring into everyday meals.

1 Chew thoroughly.

Chew your food as much as possible before swallowing to aid digestion — this matters most when eating meat.

2 Eat to about 80% full.

Stop while you're "almost" full rather than full — by the time you feel full, you've likely eaten past what your body needed, and digestion needs room to work. The right amount is unique to you; build awareness of what leaves you satisfied, not stuffed.

3 Slow down between bites.

Take a deep breath between bites, and try putting your fork down as you chew. It naturally slows your pace and builds gratitude and awareness for what's on your plate.

4 Keep a rhythm.

Eat at roughly the same time each day — consistency helps your body anticipate and manage digestion.

5 Enjoy your food.

Your brain and digestive system work together. The more you genuinely enjoy a meal, the better you tend to feel afterward, both physically and emotionally.

6 Build your plate around vegetables.

Work toward filling roughly 60% of your plate with vegetables — crunchy (cucumber, celery), leafy greens (lettuce, kale), and hearty veggies (zucchini, green beans, brussels sprouts). Round it out with squash, sweet potatoes, animal protein, and a small amount of whole grains.

PRINT & CARRY

Print the wallet card on the next page and keep it with you as a quick reminder wherever you eat.

Your Wallet Card

Print this page, trim along the edges, and tuck it into your wallet, laptop sleeve, or travel bag — a fast reset before any meal.



My Personal Commitment

Which one practice from this workbook will you commit to trying this week?

Mindful Eating Reflections

Use this space right after a mindful eating exercise, while the experience is still fresh.

1) Before you started to practice this exercise, how did you feel?

2) How was this experience compared to how you normally eat?

3) Did you notice any differences between the first and second bite?

4) What did you find enjoyable about this practice?

5) What did you find challenging about this practice?

Travel-Friendly Food List

Great for planes, cars, hotels & more.

Protein & Energy Boosters

- **Nut butter packets** (almond, cashew, peanut — try Artisana and Once Again Organics)
- **Hard-boiled eggs** (keep chilled if possible, good for road trips)
- **Turkey, beef, or mushroom jerky** (clean, low-sugar brands like Epic, Chomps, or Pan's)
- Lupini beans — [Brami](#)
- **Single-serve tuna or salmon packets** (no draining needed; clean brands like Safe Catch — only in a ventilated area!)
- **Protein bars** (low-sugar, clean ingredients — e.g. Sakara, BTR, Resist, Thunderbird)

Savory & Sweet Snacks

- **Air-popped popcorn** (single-serve bags like LesserEvil)
- **Rice cakes** (add a squeeze of nut butter on top)
- Trail mix — DIY with nuts, seeds, coconut flakes, and a few dark chocolate chips, or [Tierra Farm](#)
- **Cheese sticks** (good for cooler bags or short flights)
- **Siete crackers** (single-serve bags)
- **Dark chocolate** — Hu Kitchen or anything 75% cacao and above

Fresh & Packable Produce

- **Apple slices or small apples** (pre-washed, not messy)
- **Clementines** (easy to peel)
- **Grapes**
- **Sugar snap peas, baby carrots, mini cucumbers**
- **Dried fruit** (unsweetened mango, apple rings, or apricots — watch portion size)

Hydration & Bonus Options

- Electrolyte packets — [Re-Lyte](#) sticks or Promix
- Green or ginger tea bags, or coffee packets — hotel/plane hot water = instant wellness. Try [Tea Tea](#) or [FourSigmatic](#)
- **Dark chocolate squares** (small indulgence, non-melty options like Hu)
- Nut mylk or coconut creamer powder — great in coffee, oatmeal, or cereal. Try [Laird's](#)
- **Salad dressing** (Primal Kitchen)

Packing Tips

- Use a small insulated lunch bag or cooler with an ice pack for perishables
- Silicone snack bags or bento-style containers help reduce mess
- Always bring napkins, wet wipes, and utensils
- [Refillable squeeze bottles](#) for salad dressings and nut mylks

Fitness & Mindfulness

- Use the hotel gym, or follow an app like Peloton for a bodyweight strength or yoga class
- Jump rope
- Meditation app: Calm or Headspace
- Walking meditation

Favorite National Meal Delivery

- [Provenance Meals](#)
- [Daily Dose Meals](#)
- [Methodology](#)
- [Factor 75](#)
- [Daily Harvest](#)

Dining Out with Ease While Traveling

How to make energizing choices at every meal — without the stress.

Eating every meal out while traveling can feel tricky, but it doesn't have to be. With a few simple strategies you can enjoy yourself and stay aligned with how you want to feel.

QUICK HACK

Ask the kitchen not to add too much salt, and bring your own travel-size salad dressing.

Breakfast — keep it clean, energizing, and protein-rich

Go-to order

- Poached, scrambled, or hard-boiled eggs (skip fried or overly oily styles)
- Avocado — healthy fat that keeps you full
- Fresh fruit
- Skip: greasy potatoes, toast, pancakes, or heavy cream cheese spreads

Oatmeal hacks

- Ask for it made with water instead of milk
- Request honey or syrup on the side
- Top with nuts, seeds, and fruit — skip brown sugar or flavored creamers

Yogurt parfaits

- Choose plain Greek yogurt
- Ask for granola and fruit on the side so you can portion it yourself

Lunch — think protein + fiber + healthy fats to avoid the mid-day slump

Burger or sandwich

- Ask for lettuce wraps instead of a bun
- Skip the fries — opt for a side salad, sautéed greens, or steamed veggies
- Add avocado or an egg for a nutrient boost

Salads

- Watch for hidden sugar and oils in dressings — ask for olive oil and lemon or vinegar on the side (or bring your own travel-size dressing)
- Add protein: grilled chicken, salmon, egg, shrimp, or a veggie burger
- Add-ons: avocado, seeds, or nuts for healthy fats

Dinner — stick with simple meals that are grilled, roasted, or steamed

Protein + veggies = your anchor

- Grilled fish, chicken, or lean steak with a side of roasted or steamed veggies
- Swap pasta or heavy carbs for extra vegetables, plain grains, or a small baked potato

Craving Italian or Asian?

- Ask for zoodles or steamed rice instead of fried
- Get sauces on the side and use sparingly
- Share a dish, or order an appetizer as your main, to manage portions

Enjoying a glass of wine or a cocktail?

HACK

Drink mindfully and set a boundary before you go out — e.g. “I’ll enjoy one drink, then switch to seltzer.”

- Go for clear spirits with soda water + citrus
- Skip sugary mixers — opt for dry wines over sweet ones

General Travel Tips for Eating Out

- Hydrate before meals — we often confuse thirst with hunger
- Don't arrive starving — have a handful of nuts or a piece of fruit if your meal is still a while away
- Plan one “treat” per day, and really enjoy it, mindfully
- If in doubt, ask — most restaurants are happy to make swaps or accommodate requests
- Mindful eating wins — slow down, chew, and check in with how you feel (use the tools from this workbook)

Thank You

for joining the Mindful Eating Workshop. Keep this workbook close, revisit it often, and be patient with yourself as these practices become habits.

Questions or want personalized support?

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