



LIFE PROTOCOL  
**SPENCER  
COPPIN**  
Be Superhuman

## MINDFUL EATING BASICS

1. BECOMING KNOWLEDGABLE ABOUT PORTION SIZES, NUTRIENT DIVERSITY, AND AWARENESS TO FOOD CRAVINGS.

2. DEVELOP AN APPRECIATION FOR FOOD QUALITY WITH A FARM-TO-TABLE MENTALITY

3. TAKING TIME TO ENJOY MEALS WITH OTHERS WHEN POSSIBLE (AVOID EATING WHILE WORKING, COMMUTING, OR WATCHING TV.)

4. CHEWING YOUR FOOD ADEQUATELY TO IMPROVE DIGESTION.

5. FINDING PLEASURE AND JOY IN COOKING, EATING, AND TASTING GREAT FOOD.