

A Gentle Start to Food Freedom

Four small ways to notice what you need, from Coach Merle

You do not need to change everything today. Pick one practice that fits your life and try it with curiosity. This guide brings together the four free resources that were previously offered separately.

1. Add one thing that supports you

Begin with addition. You might drink a glass of water before your first coffee, add a food you enjoy to a meal, take a short walk outside, or write two lines about what you noticed. Choose one. You are not being asked to remove a food or earn a meal.

Try this today

Today, pick one addition that is easy enough to repeat. At the end of the day, note how it felt.

2. Make room for a pause

When a craving or a rushed moment arrives, you can pause before deciding what to do. Sit or stand comfortably. Breathe in at a pace that feels easy, then let the exhale be a little longer. Repeat a few times if it feels comfortable. You can stop at any point. The aim is to notice what you need, not to make a feeling disappear.

Try this today

Before one meal, put your feet on the floor and take three comfortable breaths. Ask yourself what you notice.

3. Add variety to your greens

Variety can be simple. Try a green you already like in a different meal, or choose one new leafy vegetable when you shop. Kale or cabbage can be cooked; romaine or butter lettuce can stay crisp; parsley can finish a dish; spinach or chard can be added near the end of cooking. There is no required schedule or perfect rotation.

Try this today

Choose one green for this week and one way to prepare it that appeals to you.

4. Give the evening a softer edge

A short wind-down routine can create a little space at the end of the day. You could dim the lights, put tomorrow's three priorities on paper, set your phone aside for a while, and take a comfortable breath once in bed. Try one or two steps first. A missed evening does not undo your effort.

Try this today

Choose one evening cue that feels realistic tonight, and notice whether you want to keep it tomorrow.

One small shift, together

Food freedom is a personal path. If you want to talk through what you noticed, book a free one-to-one call with Merle. You can leave with one small mindset shift to try immediately. The Food Freedom Challenge is another way to explore this work when you are ready.

Book a free call: calendly.com/mlwellness64/discovery-call

Food Freedom Challenge (\$199): buy.stripe.com/bJe7sL5FBfK89oXfla2Fa0a

This guide is for general wellness education. It does not diagnose, treat, or cure any condition and is not a substitute for medical care. If you take medication or have a medical concern, speak with your clinician before making changes.