

The Breakfast Experiment

As a way of tuning into your body and learning to listen to its messages, explore eating a different breakfast every day for a week. Jot down what you eat and how you feel, both right after eating and again two hours later. Sit quietly after you eat and reflect. Note how your energy level, your moods, and your physical symptoms are affected by the food in your body.

Day 1: scrambled eggs

Day 2: miso soup with salmon

Day 3: whole grain porridge (Amaranth porridge for example)

Day 4: boxed breakfast cereal

Day 5: muffin and coffee

Day 6: fresh fruit (with yogurt *optional)

Day 7: fresh vegetables

What I ate

How I feel right after eating

2 hours later

Day 1

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Day 2

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Day 3

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Day 4

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Day 5.....

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Day 6

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Day 7

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You may discover from this exercise that you are unusually sensitive to certain foods. A food sensitivity or allergy may be your body's way of telling you to start cooking foods more appropriate for your current life goals.



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