**COOKING FROM *BLUE MOON VEGETARIAN***

**Feb. 20, 2014 Session 1**

**Daily food journal should include (and yes, it is worth your while to set the clock and hour early and do this for yourself):**

* **Your weight that day—**
  + **Yes! Sorry! Your weight is a measure and an indicator ofoverall health**
  + **Plus, if you eat something that causes inflammation in you, you will see an overnight uptick in weight—you want to come to understand what is causing inflammation in you and to avoid those foods until you are healthier**
* **How you feel in general—**
  + **Here's what I think. I think everybody should get up first thing in the morning and take a thirty minute walk. Alone. Now, if everyone did this the world would be a crazy place at 6 a.m., but since no one else is doing it but you and me, there won't be much of a crowd.**
  + **After your walk, shower and groom.**
  + **After your morning cleansing rituals, sit down with a cup of green tea and your food journal. Green tea is one of the earth's greatest gifts to us. It is a balm for humanity. You will not believe how much better you will feel, simply because you started the day with a cup of green tea.**
* **In your journal, write a short sentence about the day—the weather, your mood, your goal for the day—**
  + **Enter your 30 min. walk into your fitness record**
  + **That's all. All you have to do in the morning is start by making these small entries. All you are trying to do right now is to start one small, new habit on which to later build.**
* **But if you want, there are other things you can also do throughout the day. You can even divide your journal into little sections or buy one that is already divided—**
  + **Eat an organic apple with your green tea every single morning and note it in your journal**
  + **Record any other new foods you try and whether you like them or whether they made you feel healthy or gave you a sense of wellbeing. Also, monitor the next day: did you feel more energized the day after eating a particular food? I always feel nourished when either Phil or I cooks from scratch; I believe there's a spiritual element to it, that the energy we put into our food comes back to us; I believe that's part of the problem with manufactured food—no spirit of human effort being shared, or what is there is very thin**
  + **Record or describe any new recipe you try**
  + **List any new recipe books you buy or want to buy**
  + **List nutritional information you want to keep track of**
  + **If you look at food-related websites, record bits of interesting food news**
  + **Try to make this not a labor, but a record of this transition you are trying to make; what we are going for is slow change; arrange things so that keeping the food journal is something you want to do**
* **Now go have your coffee and bowl of oats and head out the door!**