

5 MINUTES TO ENJOYING MEALS ON-THE-GO

In a rush to eat?

Even busy folks can find the time to slow down and enjoy a healthy meal! Here is a five minute checklist to help enjoy meals on-the-go.

MINUTE 1: DECIDE ON TEXTURE & FLAVOR

Take a minute to **decide what kind of food you are craving**. A sweeter salad? Something salty? Looking for something with a big crunch like a crispy taco, or something smooth and creamy like soup? Being intentional and planning ahead with what foods are desired can **enhance appreciation when finally getting to eat it**. Then when the meal is presented you can joyfully exclaim: "This is exactly what I wanted!"

MINUTE 2: LAYER YOUR FOOD

This may seem easier when cooking at home, but if on the run mini-containers can help package prep separately. Take one minute to **combine food right before the meal**. Place morning eggs on a bed of spinach. Keep rice and stir-fry separate and plate next to one another. Take a moment to sprinkle salad with seeds or drizzle sauce on that broccoli. **Looking at a layered masterpiece gives any meal a little more dazzle** than looking at a mixed mess that has been sitting in one container all day.

MINUTE 3: STOP AND TAKE A LOOK

Fork, check. Meal, check. Napkin, check! Next appointment... only 15 minutes away... wait! Take one minute (or less) to **simply admire the magnificence put before you**. Whether you are enjoying food you made at home, a salad from the salad bar, or a family dinner at the local pizza shop **a deep breath and an appreciative moment** goes a long way in curbing any habit of inhaling lunch to get back to work.

MINUTE 4: GET DESCRIPTIVE

While eating, take one minute to try and **describe what you are tasting**. Either out loud (or to yourself), try to pinpoint the details that you are sensing as that fork makes its way to those lips. The refreshing burst of a cherry tomato, the bite of spicy peppers, or the smooth texture of a creamy sauce **keeps the mind focused on the meal rather than the to-do list**.

MINUTE 5: BREAK IT DOWN

The body is going to do the difficult work, but take one minute after the meal to **give it a mini-review**. Doing this out loud is always fun, but an **internal check in on how things went can provide great feedback for meals in the future**. Was it delectable? Too much sauce? Perfect crunch? A few seconds thinking about what just happened rather than rushing off to the next thing gives valuable feedback that can be used the next time you plan a dinner.

It only takes a few minutes to become more mindful of meal habits even with a busy lifestyle. Keep these moments in mind and you can continue to **have a satisfying meal wherever life takes you**.

WANT MORE ON MAKING MEAL PREP A PIECE OF CAKE? [CONTAINERS ARE KEY!](#)