What Am I Really Hungry For?

A one-week tool for Nourish Your Body

This page comes from a guy with a mouth full of sweet teeth who still has to walk past the dessert table on purpose. So this is not a diet. There's no forbidden-food list and no spiritual case for kale. It's a week of paying attention, because your body is constantly giving you feedback about what you eat, and most of us aren't listening.

The core distinction is self-medication versus self-care. Self-medication numbs the pain, fills the emptiness, escapes the stress, and makes the long-term problem worse. Self-care asks a better question: what do I need to do, or not do, to flourish today and thrive tomorrow?

Step one: Mark every meal. F, D, or M.

After each meal or snack, write one letter. F if it fueled you. D if it drained you (heavy, foggy, hungry again in an hour). M if you reached for it to medicate something: stress, boredom, loneliness, disappointment. No judgment. Just the letter. And in the last column, one word for what you were actually feeling when the M showed up.

	Water first?	Morning	Midday	Evening	Snacks	When I reached for an M, I was feeling…
Day 1						
Day 2						
Day 3						
Day 4						
Day 5						
Day 6						
Day 7						

Step two: Read the feedback.

Look at the week. Which foods keep earning a D? What was going on the days you had the most M's? Food can't fix what food didn't break, so what were you really hungry for on those days?

Step three: Cut down, not out.

One change. Small enough to sustain. Not "no more bread ever," but maybe bread once a day instead of three times. Real food, closer to the way God made it. Write the one thing.

This week I'm cutting down on

You've been given a body to carry out a calling. How you fuel it determines whether you're available for it.