

THE ART OF MINDFULNESS

MINDFUL COOKING



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CHAPTER 1

WHAT IS MINDFUL COOKING?

Do you practice **mindfulness**? This means doing something that takes all of your thought. It helps you pay attention to the present moment. It helps you pause, listen to your body and breath, and notice your thoughts and feelings. One way to be mindful is to **meditate**.



A young girl with brown hair tied back, wearing a light blue sleeveless dress with a floral pattern, is smiling as she bakes. She is using a wooden spatula to transfer round, golden-brown cookies from a baking tray lined with parchment paper to a white plate. The kitchen counter is cluttered with baking ingredients and tools: three brown eggs, a small bowl of cherries, an open book with a blue cover, a wooden rolling pin, a bowl of fresh raspberries, and another plate with cookies and raspberries. In the background, there is a wooden cabinet, a stainless steel sink with a chrome faucet, and a tiled wall with two framed pictures of flowers.

Another way is by being creative. This includes cooking! When cooking, it is important to slow down and follow a **recipe**. This helps us **focus** and be mindful.

CHAPTER 2

MINDFUL FOOD PREP

All parts of cooking can be done mindfully. The first step is to set your **intention**. Are you cooking to be creative or to feed your family? Maybe you are doing both! Then choose a recipe. Be mindful of the meal you choose. Pick foods that **nourish** your body and mind.



An elderly man with grey hair, wearing a light pink short-sleeved button-down shirt, is standing in a grocery store. He is holding a white plastic bag in his left hand and a red tomato in his right hand. He is looking down at the tomato. Next to him is a young boy with dark skin and short black hair, wearing a dark blue polo shirt with a white collar. He is also looking down at the tomato. They are standing in front of a display of many red tomatoes. In the background, there are shelves of other grocery items and bright overhead lights. A large, semi-transparent red watermark that says "For Review Only" is diagonally across the image.

Then, make a list of the **ingredients**. While shopping, take time to examine each item. How does it look and smell? What flavor will it add to your dish?





After shopping, read the recipe again and gather your supplies. As you move around the kitchen, focus on your body's movements. Are you moving fast or slow? Is your body **tense** or relaxed? Noticing how your body is moving and how your heart is beating can help you be present and focus on what you are doing.

BE PRESENT

Be present in your body and mind as you cook. Try to forget any worries. Think of one thing you are **grateful** for, such as your nose to smell or your teeth to chew the food you are preparing.

